food network magazine



KATIE'S LOBSTER SANDWICH



BOBBY'S GRILLED CORN GUACAMOLE



INA'S POTATO-BASIL FRITTATA

105 EASY RECIPES

AMAZING Cupcakes!



50 NEW CUPCAKES & FROSTINGS

VANILLA CREAM CHEESE SWIRL

BAKE LIKE A STAR

DELICIOUS PASTA DINNERS

Quick TEX-MEX!

- JALAPEÑO POPPERS
- CHORIZO MEATBALL SOUP
- PINK MARGARITAS

WIN! ENTER FOR A $500 SHOPPING SPREE ON PAGE 96


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Food Network Magazine

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MAY 2015

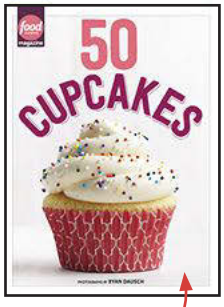
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Eat the rainbow! We created recipes in every color.

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Cover photograph by Ryan Dausch Food styling: Christine Albano; prop styling: Kira Corbin

PHOTO: RALPH SMITH; FOOD STYLING: BRETT KURZWEIL

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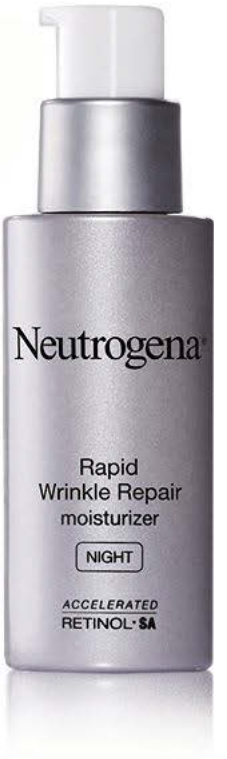


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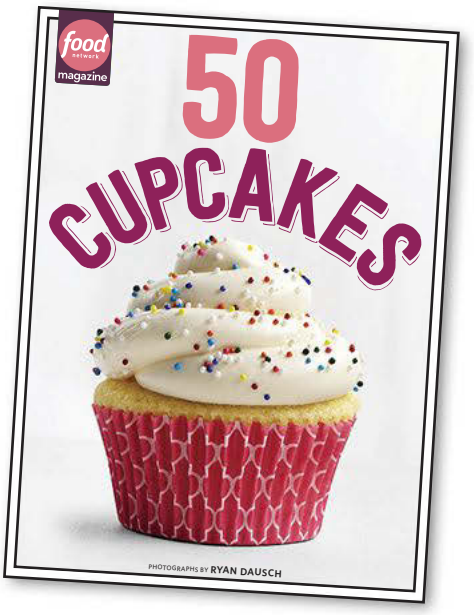

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To Your Health

Here's what's extra good for you in this month's issue.

DINNERS UNDER 500 CALORIES

Try these light meals from our Weeknight Cooking section:



RANCH CHICKEN SALAD CUPS
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CALORIES: 471



BEAN AND TOFU BURRITOS
PAGE 73
CALORIES: 498



BROCCOLI PASTA WITH CAPICOLA
PAGE 70
CALORIES: 477



SPICY RAMEN WITH BEEF AND BOK CHOY
PAGE 76
CALORIES: 377

AN AVOCADO A DAY

Not all healthy fats are equal: According to a recent study, a diet that includes one avocado daily may lower your bad cholesterol almost twice as much as a diet that relies on other foods for healthy fats, like nuts and oils. Get your fill with four fun takes on guacamole (see page 104).



GLUTEN-FREEBIES!

You won't miss gluten in these hearty recipes. Just make sure you read product labels to avoid any trace amounts.



Risotto with Peas and Ham
page 68



Spiced Char with Moroccan Carrots
page 72



Mexican Chorizo Meatball Soup
page 74



Chile-Spiced Sweet Potato Fries
page 79



Italian Giardiniera Salad
page 79



Pimiento Goat Cheese Spread
page 114

EAT IN COLOR

Nutritionists recommend eating a variety of naturally colorful foods. Add a new hue to your dinner every night this week.

RED
Toss some antioxidant-rich strawberries into a salad (page 115).



ORANGE
Sweet potatoes are loaded with vitamin A. Try turning them into a soup (page 49).



YELLOW
Mix corn with pinto beans (page 70). Corn is high in magnesium and vitamin B^6.



GREEN
Zucchini is a great source of vitamin C. Put some slices on a pizza (page 56).



PURPLE
Mix kalamata olives with quinoa (page 64). They're full of healthy monounsaturated fats.



AVOCADO: ALAMY. STRAWBERRIES, SWEET POTATO, CORN AND ZUCCHINI: GETTY IMAGES. OLIVES: SHUTTERSTOCK.

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Star Search

Find your favorite Food Network celebs in this issue:

What's the most colorful thing in your kitchen?

"WE HAVE A BRIGHT MULTICOLORED WHISK IN OUR KITCHEN THAT ALL FOUR OF MY DAUGHTERS LOVE. WHEN WE COOK TOGETHER, THEY TAKE TURNS GETTING TO USE IT!"



Anne Burrell
Chopped All-Stars; Worst Cooks in America
pg. 18



Melissa d'Arabian
Ten Dollar Dinners; Guy's Grocery Games
pg. 18



Guy Fieri
Diners, Drive-Ins and Dives; Guy's Grocery Games; Guy's Big Bite
pg. 26



Bobby Flay
Beat Bobby Flay; All-Star Academy; Brunch @ Bobby's (on Cooking Channel)
pg. 105

"MY BACKSPLASH—IT'S BRIGHT YELLOW!"

"THE INSIDE OF MY REFRIGERATOR! MY FRIDGE IS FILLED WITH FRESH FRUIT AND VEGETABLES. A COLORFUL DIET IS A HEALTHY DIET."



Ina Garten
Barefoot Contessa: Back to Basics
pgs. 18, 30



Katie Lee
The Kitchen
pg. 112



Jeff Mauro
Sandwich King; The Kitchen
pgs. 18, 106

"A FIRE-ENGINE RED, CAST-IRON DUTCH OVEN. IT WAS A WEDDING GIFT FOR MY WIFE AND ME, AND I USE IT ALMOST EVERY DAY."

"I'VE GOT A LITTLE NOOK IN MY KITCHEN THAT'S FILLED WITH MY FAVORITE COOKBOOKS. THE SPINES ARE ALL BRIGHT AND COLORFUL—IT'S LIKE MY OWN MINI KITCHEN LIBRARY!"



Kelsey Nixon
Kelsey's Essentials; The Perfect 3 (both on Cooking Channel)
pg. 106



Marcela Valladolid
Mexican Made Easy; The Kitchen
pgs. 18, 104

"I LIKE MY KITCHEN TO BE WHITE AND PRISTINE, SO THE ONLY REAL POP OF COLOR ARE THE BRIGHT BLUE CUSHIONS—MADE FROM MEXICAN TEXTILES—IN MY NOOK."

Recipes to go!

You can get *Food Network Magazine* recipes anytime, anywhere—on any tablet or smartphone. Sign up for a digital subscription on Apple Newsstand, Nook, Amazon Kindle, Zinio, Next Issue or Google Play Magazines, and you'll get each issue the minute it comes out.

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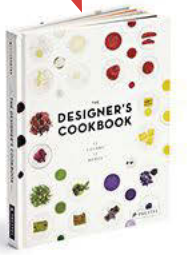


COLOR SPIEL

My **final assignment** before I graduated from cooking school in the late '90s was to create an original multiple-course meal and present it like a small cookbook. The project would count toward our final grade, but more important to those of us who were irrationally competitive, the best one would be announced to my whole class at the French Culinary Institute. The concept that popped into my head seemed like the most **brilliant idea of all time** (in retrospect, I should have spent more than 5 seconds brainstorming): I would create a menu in which **every course was a single color,** and I'd garnish each dish with the color of the next course. I'd call it (insert dramatic voice here): *Courses in Color.*

How could I possibly lose? Well, let me tell you how: Rainbows are not really a popular theme in **classic French cooking.** Also, creating a dish that's delicious and all one color is much more difficult than creating a dish that's just delicious. I didn't win the competition, so I probably should have let go of my **monochromatic cooking dreams.** Instead, I went home, made endless copies of my school project and proceeded to pitch it to every cookbook publisher I could find. I figured I'd just send off some letters and someone would call within a few weeks asking me when I could turn in my first draft.

I haven't thought about this failure in years, but a few days ago my sister Jennifer sent me a photo of *The Designer's Cookbook: 12 Colors, 12 Menus* with a message: "Your project!" I ordered it and discovered that it's even more ambitious than my old idea: In this book you create ***entire meals*** in one color. At first, I was disappointed that someone else got to write the book, but then I read the foreword: "These are recipes that do not allow for the arbitrary... Cooking in this way establishes firm limits..." Wowsers. I don't like cooking with firm limits, and considering that I often combine granola and Lucky Charms for breakfast, I think I'm a fan of the "arbitrary," too. I'm actually much better suited to the kind of fun, bright food you'll find here, in our second annual **Color Issue.** That said, if any publishers out there have been kicking themselves for passing on *Courses in Color,* I can dig up those recipes for you.



Maile Carpenter
Editor in Chief
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WE HEAR YOU!

Every day around 4 p.m., one of our editors, Meaghan O'Connor, sends the staff an e-mail of food-news highlights from across the country. Many of us skip right to the bottom of it first, because that's where Meaghan tells us what you're saying about us. Looking at your photos and Tweets has become our favorite daily ritual. Keep them coming! (Oh, and tag your photos @foodnetwork #fnmag.)



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May

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Make maypole treats for May Day: Separate pull-apart licorice partway and stick into a cupcake so that the strands hang down.	**2** Bring treats to a Kentucky Derby party: Fill mini phyllo shells with dulce de leche and chocolate chips. Bake 10 minutes at 350°, then add a pecan to each.
3	**4**	**5** Celebrate Cinco de Mayo at breakfast: Put a pitted avocado half in a muffin tin; crack an egg into it and season with salt. Bake at 425°, 20 minutes.	**6** Turn leftover margarita fixings into dinner: Marinate 4 chicken breasts in ½ cup lime juice, ¼ cup tequila, 1 chopped jalapeño and salt, 4 hours. Grill.	**7**	**8**	**9**
10 Treat Mom to a simple Mother's Day breakfast: muffins and mimosas! Go to foodnetwork.com/50muffins for dozens of easy muffin recipes.	**11** Meatless Monday! Try a quinoa pilaf tonight: Stir chopped spinach, goat cheese and chickpeas into warm quinoa. Top with almonds.	**12**	**13**	**14** Put spring peas to good use with this pesto: Puree 1 cup cooked peas, ⅓ cup each olive oil and grated parmesan, 1 garlic clove and salt. Toss with pasta.	**15**	
17 Hats off to your favorite grad! Bake brownie mix in a mini muffin pan, 20 minutes. Use yellow frosting to attach a chocolate square and pipe a tassel.	**18**	**19**	**20** Ted Allen is celebrating the big 5-0 today! Tweet him a birthday wish: @ChopTedAllen.	**21**	**22**	**23** Get your grill ready for the holiday weekend: Scrub the grates with a wire brush, then heat up the grill and use tongs to rub with a lemon half.
24	**25** Grill strawberry shortcakes for Memorial Day: Toss berries with lemon juice and sugar; skewer. Grill along with shortcake shells; serve with whipped cream.	**26** It's the unofficial start of summer! Stay hydrated with flavored water: Steep a citrus or mint tea bag in a pitcher of cold water, 30 minutes.	**27**	**28** Jell-O was introduced today in 1897. Use it to make a colorful snack: Mix some of the powder (any flavor) with melted butter; toss with hot popcorn.	**29** End a dinner party with grown-up floats: Scoop raspberry sorbet into flutes; top with sparkling rosé.	**30**
31						

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CUPCAKE, TARTLETS, BROWNIE AND POPCORN: JON PATERSON/STUDIO D. AVOCADO: CHRIS ECKERT/STUDIO D. MUFFIN: LEVI BROWN. CHICKEN, LIME WEDGES, PEAS, GRILL, STRAWBERRY AND FLOAT: GETTY IMAGES. QUINOA: ALAMY. FLAVORED WATER: SHUTTERSTOCK.

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You Asked...

Food Network stars answer your burning questions.



Anne, my homemade spaghetti sauce almost always separates when I add it to the pasta. My family prefers topping each plate with the sauce, but should I mix the pasta and sauce together before plating?

Beverly Holk via Facebook

I recommend simmering the sauce a while longer to cook out some of the water so it won't separate. Then I add my pasta to the sauce. I finish the dish with parmigiano and olive oil and cook it for another minute. You need to perform the marriage of the sauce and the pasta—the cheese and olive oil are the glue that holds the marriage together.

—Anne Burrell



Melissa, how do you soak, flavor and cook your own beans?

Jerilyn Brunson West Valley City, UT

Dried beans are easy to prepare. Rinse them, place in a slow cooker or large pot, cover with a few inches of water and soak overnight. In the morning, drain and rinse the beans, return to the slow cooker or pot, cover with fresh water by a few inches and simmer until tender (8 to 10 hours on low in a slow cooker, or 1 to 2 hours in a pot on the stove). Note: Some beans may take longer depending on type and age. Season them after cooking—salting ahead will make the skins slip off.

—Melissa d'Arabian



Jeff, I adore a really good Italian sausage and pepper sandwich. Can you share your best recipe?

Claudia Gallup Martinez, CA

I am very passionate about this subject! I use hot Italian sausage and slightly crusty yet yielding untoasted French bread. I like frying the sausage (frying preserves some of the juiciness) and topping it with green bell peppers cooked in a ton of olive oil—the leftover oil is golden on the sandwich. No tomato sauce. Instead, find some authentic Chicago-style hot giardiniera. Take a bite and you'll see that Chicago's got the sausage-and-peppers game on lockdown.

—Jeff Mauro



Ina, I need help with your Chicken Salad Véronique. Is it good the next day, or must it be served the same day?

Ann Cerrone New York City

You could serve it the next day, but I think I would keep the parts separate: Make the dressing and cook the chicken ahead, then assemble the salad (foodnetwork.com/chickensalad) the day you're going to serve it. One of the key things about making something like this ahead is that the dressing might need to be reseasoned. Salt and pepper can lose their potency overnight, so make sure you check the seasoning.

—Ina Garten



Marcela, do you have any healthy Mexican recipe ideas for a family always on the go?

Mia Alvarado-Alvarez via Facebook

Tostadas. You can buy a rotisserie chicken, shred it, smear the tostadas with a little bit of beans, then top with the shredded chicken, lettuce, salsa, avocado slices, Mexican crema and queso fresco. Fresh, easy to make, nutritious and delicious!

—Marcela Valladolid



Anne finishes cooking her pasta in the sauce.

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine

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In the Know

See a set of **stand-mixer swatches.** Then, find a great Mother's Day gift and tour colorful kitchens.



Sorry, rainbow is not an option!

Mixing Colors

We stumbled upon a surprising figure when we were working on this issue: KitchenAid, maker of the iconic stand mixer, has 63 color options on the market. We've seen new releases every year, but we didn't realize that old colors rarely go away—which could explain how the company ended up with 14 shades of gray. The strange part is, you can't shop for all the colors in one place...or even find a full list of choices. So we asked the company to hand over its swatches, because how else would you know the pearlized magenta mixer of your dreams is called Raspberry Ice? Turn to page 143 to see all 63 options.

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FOOD NEWS



PRETTY, TASTY

The old saying is true: We really do eat with our eyes. In a recent study, people were willing to pay twice as much for a salad when the ingredients were arranged like a Kandinsky painting.

SOURCE: *FLAVOUR*

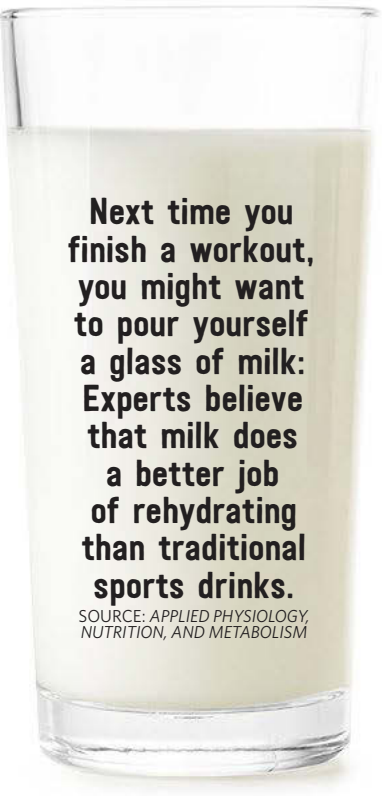
Chefs plated salads to look like Kandinsky's *Painting No. 201.*



NEW BALL GAME



You can thank PETA for Ikea's latest menu item: The animal rights organization petitioned the company to add a vegan version of its famous Swedish meatballs to the cafeteria menu, and they're now sold in all 40 Ikea stores in the U.S.



Next time you finish a workout, you might want to pour yourself a glass of milk: Experts believe that milk does a better job of rehydrating than traditional sports drinks.

SOURCE: *APPLIED PHYSIOLOGY, NUTRITION, AND METABOLISM*

SALAD: COMES CAKE/MICHEL ET AL. *FLAVOUR* 2014 3:7. MEATBALL: GETTY IMAGES. MILK: ALAMY. PAINTING: THE MUSEUM OF MODERN ART/LICENSED BY SCALA/ART RESOURCE, NEW YORK. © 2015 ARTISTS RIGHTS SOCIETY (ARS), NEW YORK.

FLIGHT OF FANCY



Give yourself an upgrade on your next flight: These new cocktail kits are TSA-approved, so you can carry them on board and mix your own old-fashioned as soon as the mini bottles of booze come around. Vodka drinkers, take note: The Moscow mule kit will arrive in August. *$24; carryoncocktailkit.com*



BLUE LIGHT SPECIAL



Men looking to lose a little weight should consider replacing their dining room lights. Researchers found that males ate much less when they were dining under a blue bulb rather than under a white or yellow one. Most foods aren't naturally blue, which scientists say led the men to question the safety of their food. Women rely more strongly on their sense of smell, making them less easily manipulated by changes in light.
SOURCE: *APPETITE*

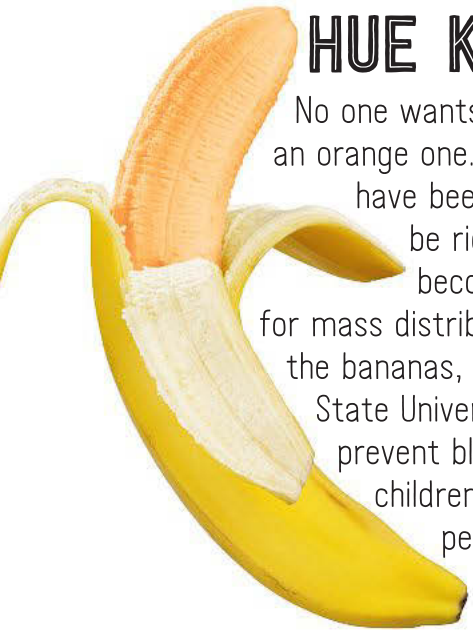


Leave it to the java lovers in Portland, OR, to solve the age-old problem of bad coffee in outer space:

Astronauts aren't able to drink a proper espresso because gravity is key to keeping the crema layer on top. But now Portland State University engineers have designed a cup that traps and controls the movement of liquid and keeps the espresso layers intact. If all goes well, space travelers should be sipping the good stuff by the end of this year.



HUE KNEW?



No one wants a brown banana, but an orange one…maybe. Bananas that have been genetically modified to be rich in beta-carotene are becoming a real possibility for mass distribution; scientists hope the bananas, now in testing at Iowa State University, will eventually help prevent blindness in malnourished children around the world. The peel will look normal, but the inside will be the color of a cantaloupe.

Tough Nut



Peanut butter might be more valuable than you think: By mimicking the conditions of the earth's mantle, a scientist in Germany was able to turn a tiny spoonful of the spread into a diamond. But don't buy PB in bulk just yet: He hasn't figured out how to keep his not-so-precious gems from disintegrating.

COCKTAIL KIT: JON PATERSON/STUDIO D. LIGHTBULB: ALAMY. CUP: ANDREW WOLLMAN. PEANUT BUTTER: SHUTTERSTOCK. BANANA: GETTY IMAGES.

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Welcome to

the totally insane world of

FLAVORTOWN MARKET

Creating the set for *Guy's Grocery Games* was one of the most ambitious tasks ever attempted on food television. If only we could all shop here.

PHOTOGRAPHS BY **MARK PETERSON**



In addition to hosting the show, Guy sometimes fills in as a checkout clerk. *Below:* Guy explains the episode to viewers; a script prompts Guy to announce one contestant's exit.





In the real world, building and stocking a new grocery store can take two years. When producers needed to create a lifesize, working supermarket for *Guy's Grocery Games*, they had three weeks.

"I knew that what they were asking me to do was a nearly impossible task," says supervising culinary producer Megan Palmer. But in no time, she and her team turned a 24,000-square-foot warehouse in Santa Rosa, CA, into Flavortown Market, one of the most elaborate sets ever built for a television game show. As many fans know from watching the show, it's a fully functioning grocery store—all 100,000 items have been inventoried and priced and are ready for scanning at the register.

It's 8 a.m. on a recent day of shooting, and three members of Megan's 14-person culinary team are prepping a produce delivery, trimming heads of romaine and spraying bunches of herbs. In another aisle, a crew member takes inventory of soup cans while guest judge Beau MacMillan examines all the types of rice available. Beau is impressed, and he hasn't even seen the lard shelf yet—it's stocked with five kinds, not including the Mexican *manteca* and some rendered duck fat in the refrigerated section. "We've gotten to the point where we can nerd out and buy things we think the chefs will find cool," says supervising food stylist Tara O'Reilly. Guest judge Madison Cowan picks up a package of ahi tuna steaks. "I can't even get this in my own grocery store in Brooklyn," he says. Triple G's host, Guy Fieri, notes that this is a common sentiment: "Every chef walks out of here asking, 'Are you going to open one of these in Cincinnati?' or 'Can you bring this place to Texas?' I just say, 'Nope, this is one of a kind.'" Guy gets excited talking about the store's hidden gems, noting that whenever he walks through, he spots new items.

Technically, this set is close enough to Guy's house to be his neighborhood supermarket—he lives in Santa Rosa. Production moved here from Los Angeles after the first season because Guy's shooting schedule was so intense. Unfortunately for the cast and crew, the store isn't open for business after a shoot. "I'd do anything to have this be my actual grocery store," says Guy.

Those who do get to shop here—the four contestants on each episode—don't exactly have time to browse: They're subjected to a series of shopping and cooking challenges that send them tearing through the aisles looking for ingredients. Challengers "check out" one at a time until a winner emerges and gets to race

WHAT'S IN STORE

At Flavortown Market, these obscure ingredients are always in stock.


Canned quail eggs


Berbere spice



Black treacle



Canned menudo


Filipino banana sauce


Gold leaf



King cake mix



Spotted dick pudding

PRODUCTS: BEN GOLDSTEIN/STUDIO D.

through the store for the chance to win up to $20,000. The whole ordeal is stressful under normal conditions, but today's battle is even more so, given the age of the competitors. It's a teen face-off, and Guy wants to make sure the players have a good time. "I'm not here to rattle anyone's cage," he says. "Seventy-five percent of the chefs who come in here walk away with nothing but the experience. I want it to be a positive one."

Once the cameras roll, Guy spends extra time moving between stations, speaking with the teens individually about their game plan and reminding them to taste their food constantly for proper seasoning. Seven hours later, the contest is over, and Guy has managed to make all four kids feel good about the day. They think they've been through the ringer, but they probably have no idea what the Triple G team has gone through to make it all happen. "We have a hundred-plus people working 12 to 16 hours a day," Guy says. "You can bring the football to the game, but you have to have a team that's ready to play—and this team? They're *ballers.*"

Attention, Flavortown Shoppers!

Take a closer look at the set of *Guy's Grocery Games:* The level of detail is, as Guy would say, off the hook!



Every product in the market has a working bar code; the price is the average cost in the real world.



Produce is delivered once or twice a week; any excess food is composted or donated to charity.



The production team's props even include a stack of circulars, just like you'd find in a normal store.



The shelves have wider spacing than a typical supermarket so foods won't come crashing down during competition.



The team stocks many brands "so it doesn't feel like, 'This shelf is brought to you by so-and-so,'" says producer Megan Palmer.



No contestant would ever need to write a check, but this platform takes the set to another level.



The store hours on Flavortown Market's door aren't real—this store closes only when shooting is done.



Producers go out of their way to source items that have cool retro labels—or funny names, like Slow As Molasses.



For most challenges, contestants have plenty of ingredient options—like six types of jarred cherries.

Catch *Guy's Grocery Games* Sundays at 8 p.m. ET.



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Make It Ahead

Ina Garten's no-fail plan for a weekend lunch: a super-easy frittata.

I love cooking and entertaining, but frankly, it can be really stressful. When my friends are coming over, I want everything to be delicious and everyone to have a great time. As the incomparable Nora Ephron once said, no one wants to arrive at a party to find the hostess red in the face or crying! Everyone who entertains knows that feeling—including me—so I do everything I can to feel confident about what I'm preparing.

One of my tricks is that I have several "master" recipes that I can turn into new dishes. I'm comfortable making chicken potpie, so I know I can make lobster potpie, seafood potpie and vegetable potpie using a few different ingredients. A frittata is another master recipe: It's great for a hearty breakfast or an easy winter lunch with a green salad, and the variations are endless. This recipe is my basic Potato-Basil Frittata, but I love making my Smoked Salmon Frittata (from *Barefoot Contessa Family Style*) and Mini Italian Frittatas *(Make It Ahead)*. Frittatas are so much easier than making individual omelets because you can prepare the egg mixture a few hours ahead of time. Before guests arrive, all you have to do is sauté the potatoes, then pour on the eggs and bake. A great lunch for everyone and no stress for the hostess!

XXX Ina

POTATO-BASIL FRITTATA

ACTIVE: 25 min | TOTAL: 1 hr 15 min
SERVES: 8

- 8 tablespoons (1 stick) unsalted butter, divided
- 2 cups peeled and ½-inch diced Yukon Gold potatoes (1 pound)
- 8 extra-large eggs
- 15 ounces fresh ricotta cheese
- ¾ pound Gruyère cheese, grated
- ⅓ cup whole milk
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 cup chopped fresh basil leaves
- ⅓ cup all-purpose flour
- ¾ teaspoon baking powder

1. Preheat the oven to 350°.
2. Melt 3 tablespoons of the butter in a 10-inch ovenproof omelet pan over medium-low heat. Add the potatoes and sauté them for 10 to 15 minutes, until lightly browned and cooked through, turning often. Melt the remaining 5 tablespoons of butter in a small dish in the microwave.
3. Meanwhile, whisk the eggs in a very large bowl, then stir in the ricotta, Gruyère, milk, melted butter, salt, pepper and basil. Combine the flour and baking powder in a small bowl and stir into the egg mixture.
4. Pour the egg mixture over the potatoes and place the pan in the center of the oven. Bake the frittata for 50 to 60 minutes, until it is puffed and browned on top and a knife inserted in the middle comes out clean. Serve hot or warm.



Make-Ahead Plan
Whisk the egg mixture up to 3 hours ahead; cover and refrigerate. Before serving, cook the potatoes, add the egg mixture and bake.

FOOD PHOTO: JOHNNY MILLER; FOOD STYLING: CYD RAFTUS MCDOWELL; PROP STYLING: BARB FRITZ. PORTRAIT: JAKE CHESSUM.

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LEE MANNING.

Kitchens in every COLOR

Give your kitchen a whole new look: These six spaces prove that a bold coat of paint changes everything.



The owners of this 1939 Los Angeles home told architect Jeff Troyer that they wanted the kitchen to stay true to the **time period,** but they still wanted to have some fun. His team went **traditional** with the stone floor, marble countertops and scrolled iron open-shelf brackets, so he picked a strong blue for the cabinets and island to "funk it up a bit."

STIFFKEY BLUE
farrow-ball.com





When homeowner and **ceramics artist** Hannah Niswonger started rethinking her Winchester, MA, kitchen with her contractor, Don Foote, she was focused on finding a vibrant green color for her Ikea cabinets. She agonized over different shades, but then she laid eyes on this yellow, and everything changed. She fired and **painted the tiles herself,** adding lifelike depictions of chickens inspired by the real-life feathered friends her family helps raise.

BRITTLEBUSH
sherwin-williams.com

TODD GIEG.

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Designer Tineke Triggs found inspiration in the **Golden Gate Bridge** when she chose the color for this San Francisco kitchen, but she had to persuade the homeowners to get on board. They were worried the orange would look too intense. Triggs swore they'd come around: She planned to **use the color sparingly,** painting only the open shelves and the island, then she chose a matching fabric for the banquette.

PILGRIMAGE FOLLIAGE
benjaminmoore.com



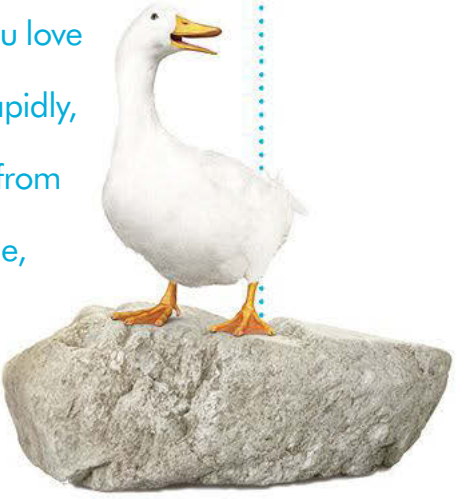
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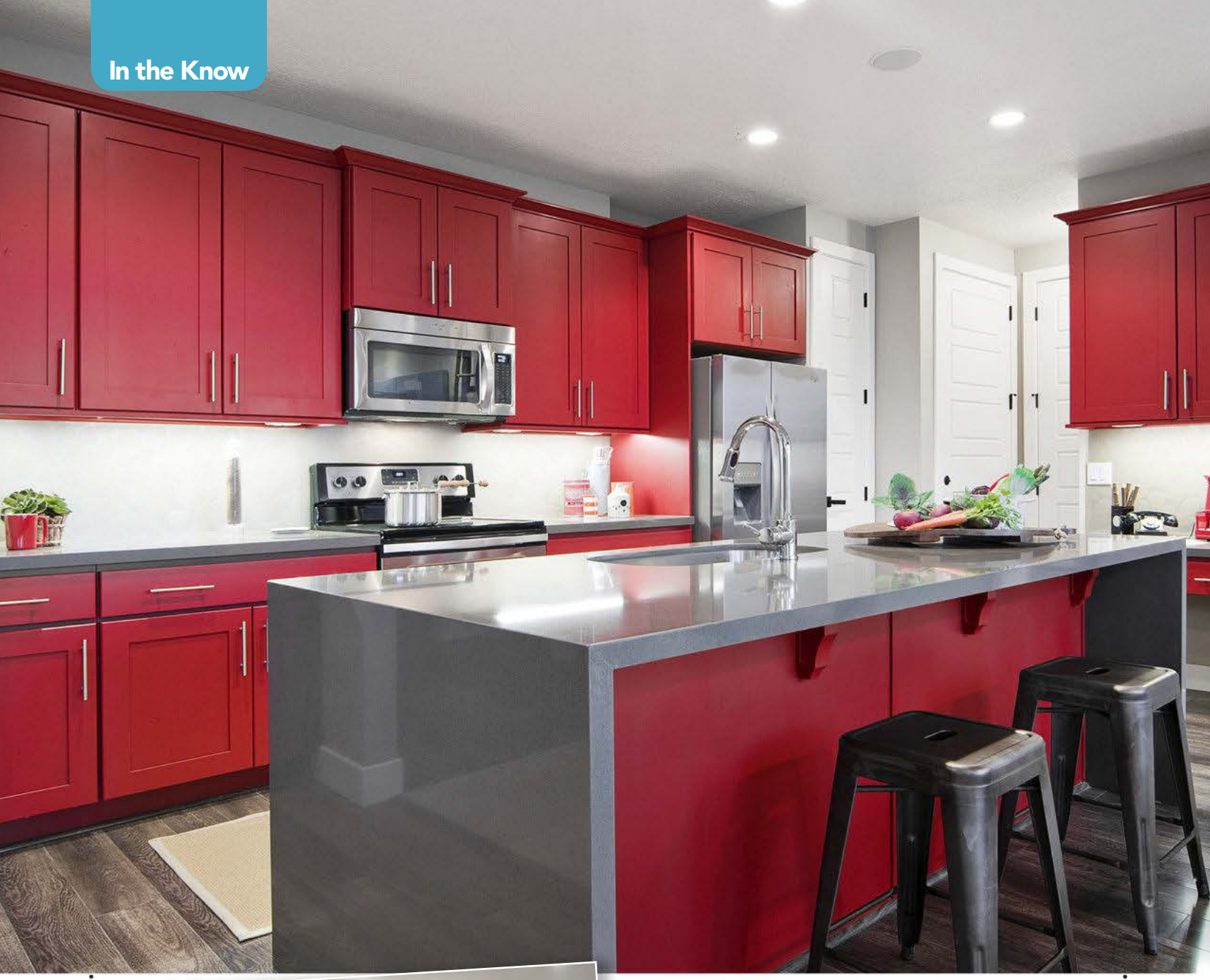
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Z141201 1/15





This Salt Lake City–area kitchen is a neighborhood **celebrity:** When the doors opened for a community house tour, everyone who came through wanted to steal the red-cabinet idea. Designers at Candlelight Homes chose the color for that reason—they wanted the space to be **unforgettable.** They picked gray quartz countertops and gray-toned wood flooring so the red would pop even more.

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A wool carpet was the **inspiration** for this Michigan kitchen: The homeowners were so in love with the green floral pattern in their **living room rug** that designers Karen Garlanger and Penny Tanis suggested they paint their kitchen cabinets to match. They kept everything surrounding them—like the granite counters and Carrera marble backsplash—neutral to give the paint the **strongest possible impact.**

JALAPEÑO PEPPER
benjaminmoore.com



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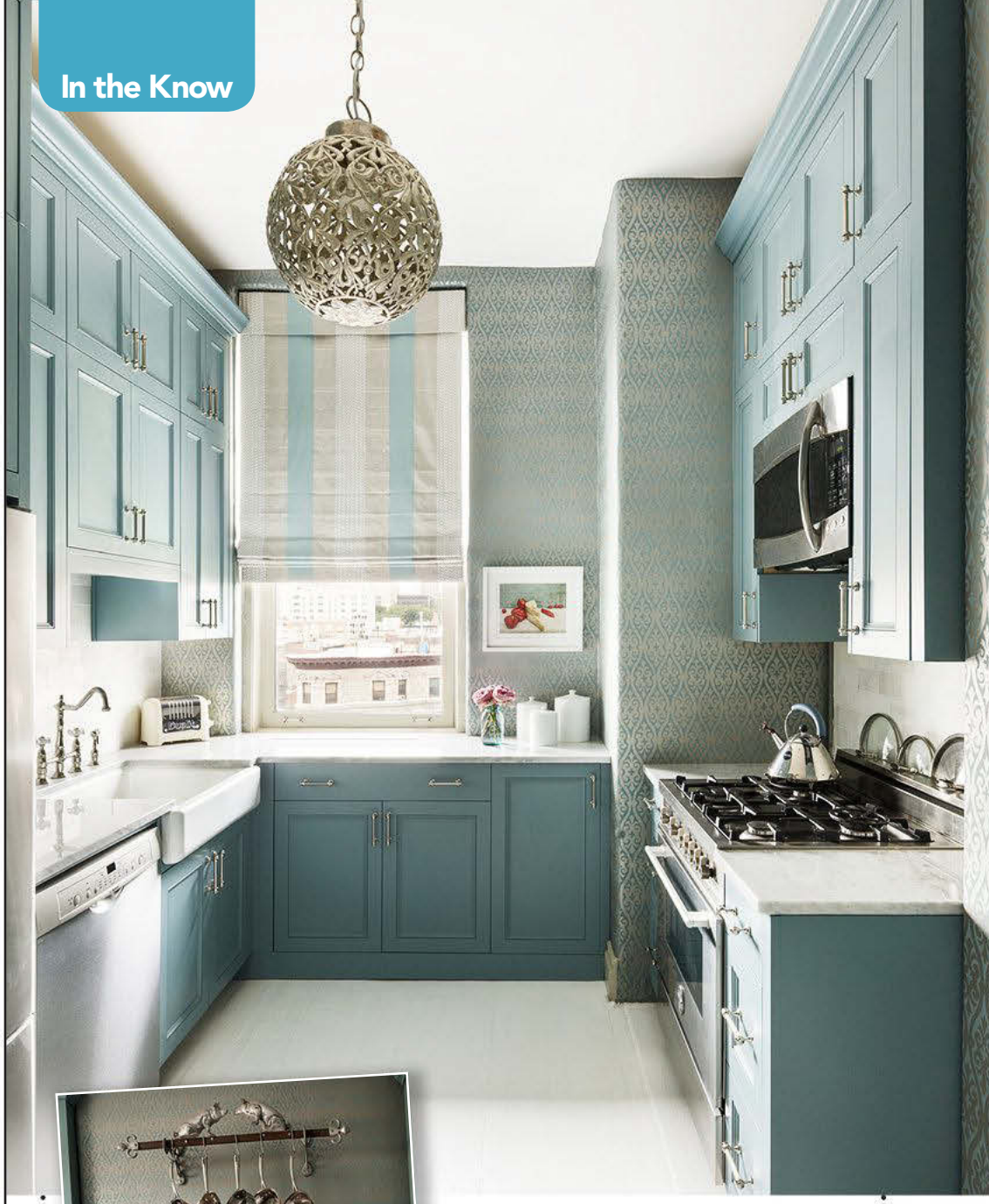
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Interior designer Sheila Bridges couldn't imagine living with an all-white kitchen in her New York City apartment—her work for clients is much more **surprising.** But which color to choose? Her living room is blue, so she decided to carry that over to her kitchen. Plus, she says, this shade is so **uplifting.** She covered the walls in a matching metallic blue and silver wallpaper that she designed herself.

HEMLOCK
benjaminmoore.com

DANA MELLISON.



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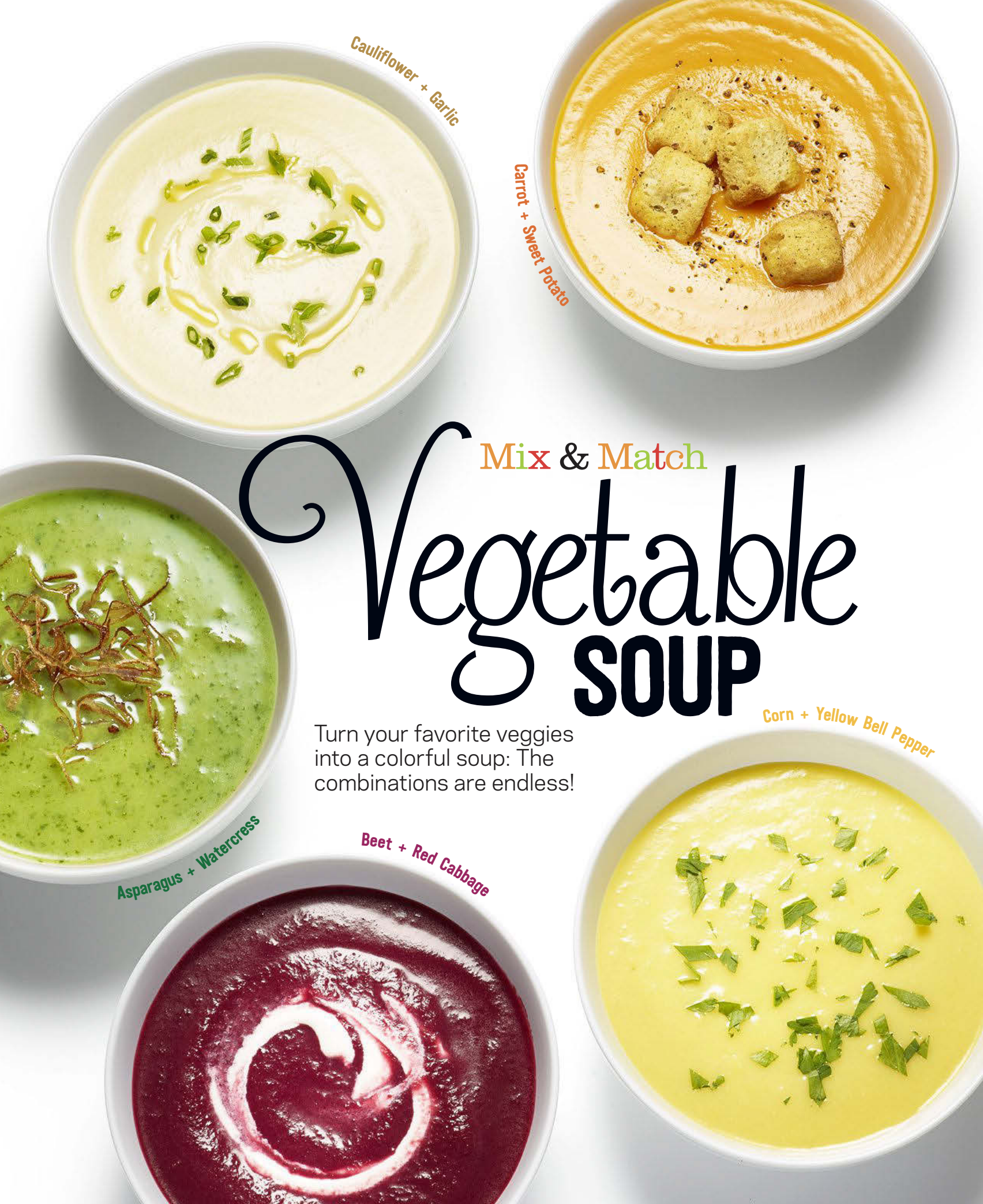
PHOTOGRAPH BY **RALPH SMITH**



It Takes Two

Next time you serve soup to friends, double the fun and try this plating trick: Make two pureed soups (turn the page for a rainbow of options), then pour each soup into the bowl at the same time, from opposite sides. Gently twist the bowl from side to side until the two soups swirl together.

FOOD STYLING: BRETT KURZWEIL



Mix & Match Vegetable SOUP

Turn your favorite veggies into a colorful soup: The combinations are endless!

1 PICK YOUR VEGETABLES

Prepare 3 cups total (use up to 3 kinds) from one color category:

RED/PURPLE


Red bell pepper, chopped


Red cabbage, shredded


Beets, peeled and diced

ORANGE


Butternut squash, peeled and chopped


Orange bell pepper, chopped


Sweet potato, peeled and diced


Carrots, peeled and chopped

YELLOW


Frozen corn kernels


Yellow squash, chopped


Yellow bell pepper, chopped


Golden beets, peeled and diced

GREEN


Broccoli florets


Peas, thawed if frozen


Asparagus, chopped


Zucchini, chopped


Leafy greens (spinach, arugula, watercress or kale), chopped


Frozen edamame

WHITE


Cauliflower florets


Garlic cloves, peeled (up to 1 cup)


Fennel bulb, chopped


Potato, peeled and diced (up to 2 cups)

2 MAKE THE BASE

Heat 2 tablespoons olive oil or butter in a medium saucepan over medium heat. Add 1 cup chopped onion or leeks and cook, stirring, until tender, 3 to 5 minutes; season with ½ teaspoon kosher salt and a few grinds of pepper. Add 1 cup chopped peeled potato, then add up to 3 of the following ingredients. Cook, stirring, until the potato is coated, 2 to 3 more minutes.

- Ginger, 1 tablespoon peeled and chopped
- Garlic, 1 clove minced
- Bay leaf, 1 whole
- Thyme, 3 to 4 sprigs
- Rosemary, 1 sprig
- Cayenne pepper, a pinch
- Grated nutmeg, a pinch

3 COOK THE VEGETABLES

Add 3½ cups low-sodium chicken or vegetable broth (or water) and bring to a simmer; add your prepared vegetables. Cook until all of the vegetables are tender, about 20 minutes (if using peas or leafy greens, add during the last 5 minutes). Remove from the heat, discard any whole herbs and let the soup cool at least 5 minutes. Carefully puree until smooth with an immersion blender or in 2 to 3 batches in a regular blender (do not fill the blender more than halfway).

4 FINISH THE SOUP

Reheat the soup, if necessary, adding more water if it is too thick. Season with salt and pepper. For a richer soup, stir in ¼ cup to ½ cup heavy cream or coconut milk or 1 tablespoon butter.

5 CHOOSE YOUR TOPPINGS

Ladle the soup into bowls and top with any of the following:

- Fresh herbs (cilantro, parsley and/or chives), roughly chopped
- Olive oil
- Nuts (almonds, cashews or walnuts), toasted and chopped
- Sour cream
- Pepitas or sesame seeds, toasted
- Fried onions or shallots
- Pecorino or parmesan cheese, grated
- Croutons

OPPOSITE PAGE: LEVI BROWN; FOOD STYLING: BRETT KURZWEIL. THIS PAGE, RED BELL PEPPER, YELLOW BELL PEPPER, ASPARAGUS, CAULIFLOWER, GARLIC AND FENNEL BULB: GETTY IMAGES. CABBAGE, BEETS, BUTTERNUT SQUASH, SWEET POTATO, CARROTS, CORN, GOLDEN BEETS, BROCCOLI, PEAS, ZUCCHINI AND POTATO: ALAMY. ORANGE BELL PEPPER AND LEAFY GREENS: JEFF HARRIS/STUDIO D. YELLOW SQUASH AND EDAMAME: SHUTTERSTOCK.



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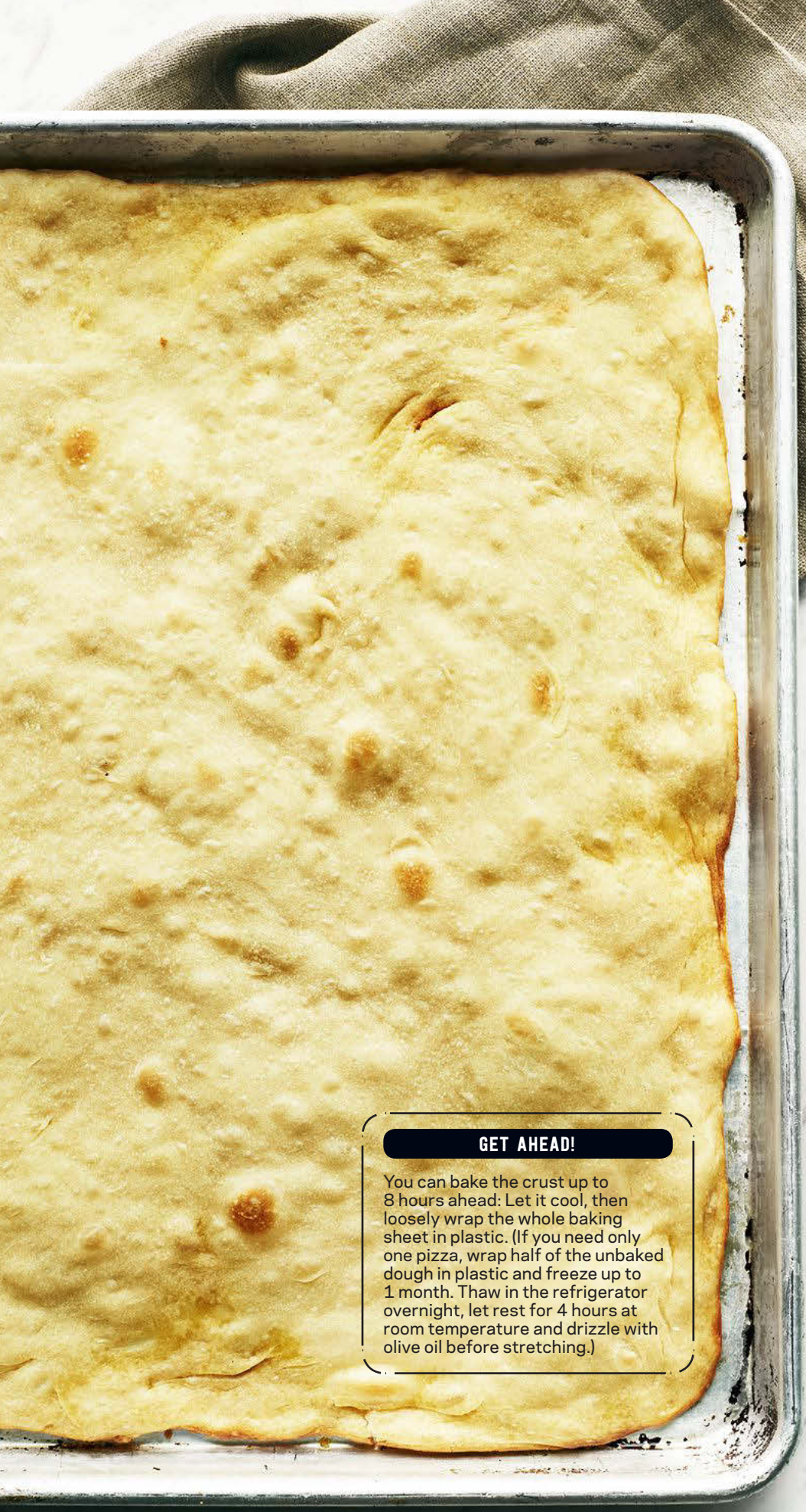
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Pick a Pizza

Bake the crust in advance, then add the toppings when friends arrive.

PHOTOGRAPHS BY **DAVID MALOSH**

FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAMELA DUNCAN SILVER.



PREBAKED PIZZA CRUST

ACTIVE: 30 min | TOTAL: 2 hr 50 min
MAKES: two 13-by-18-inch crusts

- 4 cups bread flour, plus more for dusting
- 2 teaspoons kosher salt
- 1 teaspoon rapid-rise instant yeast
- ½ cup extra-virgin olive oil, plus more for the bowl

1. Combine the flour, salt and yeast in a large bowl. Stir in 2 cups warm water (about 105˚) and 2 tablespoons olive oil with a wooden spoon until a shaggy dough forms. Cover with plastic wrap and let rise in a warm place until the dough rises slightly, about 1 hour.
2. Using lightly floured hands, transfer the dough to a generously floured surface and knead several times until it just starts becoming smooth and elastic, about 1 minute (do not over-knead). Transfer to a lightly oiled large bowl. Tightly cover with plastic wrap and let rise in a warm place until almost doubled in size, about 1 hour. Meanwhile, place a pizza stone or inverted rimmed baking sheet on the lower oven rack and preheat to 500˚.
3. Brush two rimmed 13-by-18-inch baking sheets (not nonstick) with 3 tablespoons olive oil each. Place one piece of dough on each baking sheet. Prepare the pizzas one at a time: Cover the dough with plastic wrap, then press firmly with your hands to fill the baking sheet. (If the dough is hard to stretch, keep it covered and let rest up to 30 more minutes.)
4. Remove the plastic wrap and transfer the baking sheet to the hot pizza stone. Bake until the crust starts browning, about 10 minutes. Remove from the oven and carefully loosen the crust from the pan using a spatula. Top and bake (see pages 53 to 56), or let cool, lightly wrap in plastic and set aside up to 8 hours.

GET AHEAD!

You can bake the crust up to 8 hours ahead: Let it cool, then loosely wrap the whole baking sheet in plastic. (If you need only one pizza, wrap half of the unbaked dough in plastic and freeze up to 1 month. Thaw in the refrigerator overnight, let rest for 4 hours at room temperature and drizzle with olive oil before stretching.)

ROASTED RED PEPPER PIZZA

ACTIVE: 35 min | TOTAL: 55 min | SERVES: 6 (one 13-by-18-inch pizza)

FOR THE TOMATO SAUCE
- 1 28-ounce can whole San Marzano plum tomatoes
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper

FOR THE PEPPER SPREAD
- 1 Fresno or red jalapeño chile pepper
- 1 large red bell pepper
- 1 clove garlic
- 2 anchovy fillets
- ¼ teaspoon red pepper flakes
- ¼ teaspoon dried oregano
- ⅓ cup extra-virgin olive oil
- Kosher salt

FOR THE PIZZA
- 1 prebaked pizza crust (see page 52)
- 6 ounces fresh mozzarella cheese (preferably buffalo mozzarella), drained and sliced
- ¼ cup grated parmesan cheese
- Torn fresh oregano or basil, for topping
- Kosher salt

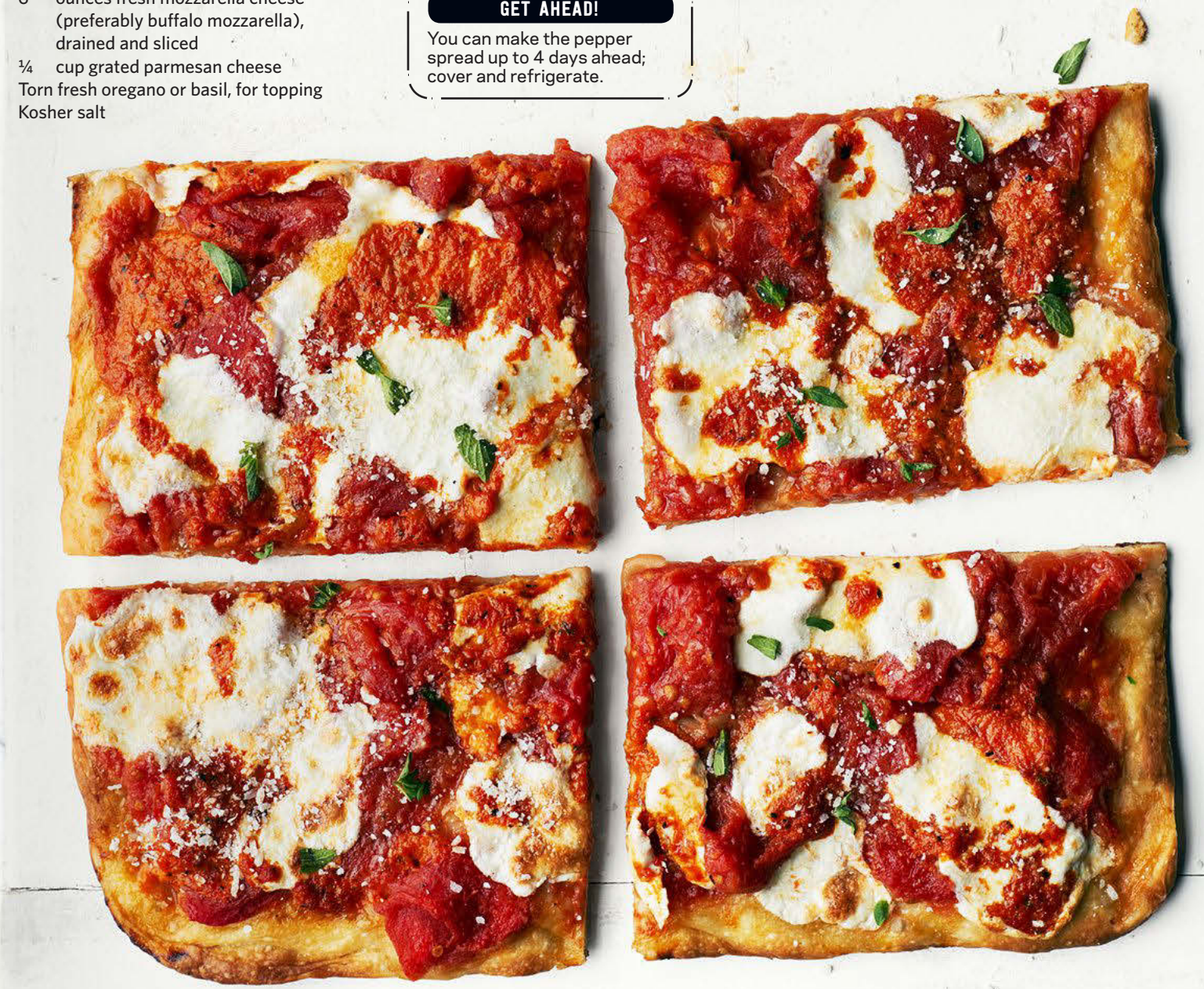
1. Place a pizza stone or inverted rimmed baking sheet on the lower oven rack and preheat to 500°. Make the tomato sauce: Crush the tomatoes in a large bowl with your hands. Stir in the olive oil, 2 teaspoons salt and a few grinds of pepper.

2. Make the pepper spread: Roast the chile pepper and bell pepper over the flame of a gas burner (or under the broiler), turning, until charred, 4 minutes for the chile and 6 to 8 minutes for the bell pepper. Transfer the peppers to a bowl, cover with plastic wrap and let cool slightly, about 10 minutes. Peel off the charred skins with your fingers (you may want to use gloves for the chile pepper to avoid irritation). Halve the peppers and remove the seeds. Combine the garlic, anchovies, red pepper flakes and oregano in a food processor. Add the roasted peppers and pulse until almost smooth. Pour in the olive oil and pulse a few times. Season with salt.

3. Assemble the pizza: Keep the prebaked crust on the baking sheet. Spread with ¾ cup to 1 cup tomato sauce (you will have extra sauce). Top with the mozzarella, then spoon ½ cup pepper spread on top. Sprinkle with half of the parmesan. Transfer the baking sheet to the hot pizza stone and bake until the cheese melts and the crust is golden brown, 10 to 12 minutes. Remove from the oven and top with the remaining parmesan and the herbs. Season with salt.

GET AHEAD!

You can make the pepper spread up to 4 days ahead; cover and refrigerate.





POTATO-FENNEL PIZZA WITH TALEGGIO

ACTIVE: 35 min | TOTAL: 1 hr | SERVES: 6 (one 13-by-18-inch pizza)

FOR THE POTATOES

- 2 medium russet potatoes (about 1 pound), quartered
- 1 clove garlic
- ½ small bulb fennel, cored and thinly sliced, plus 2 tablespoons chopped fronds
- Kosher salt
- ⅓ cup extra-virgin olive oil
- Freshly ground pepper

FOR THE PIZZA

- 1 prebaked pizza crust (see page 52)
- 6 ounces taleggio cheese, rind removed, thinly sliced
- ½ small fennel bulb, cored and thinly sliced
- ½ cup grated parmesan cheese
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper

GET AHEAD!

You can make the mashed potato mixture up to 2 days ahead; cover and refrigerate.

1. Place a pizza stone or inverted rimmed baking sheet on the lower oven rack and preheat to 500°. Make the potatoes: Combine the potatoes, garlic, sliced fennel and fennel fronds in a large pot of salted water. Bring to a boil, then reduce the heat to medium; cook until the potatoes are very tender, about 15 minutes. Drain and return to the pot. Add the olive oil and mash until almost smooth. Stir in 1 teaspoon salt and a few grinds of pepper; set aside.

2. Assemble the pizza: Keep the prebaked crust on the baking sheet. Scatter the taleggio and potato mixture over the crust, spreading the potato mixture slightly. Scatter the sliced fennel on top, sprinkle with the parmesan and drizzle with the olive oil. Transfer the baking sheet to the hot pizza stone and bake until the cheese melts and the crust is golden brown, 10 to 12 minutes. Remove from the oven and season with salt and pepper.

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ARUGULA PESTO PIZZA WITH ZUCCHINI

ACTIVE: 35 min | TOTAL: 50 min
SERVES: 6 (one 13-by-18-inch pizza)

FOR THE ARUGULA PESTO

- ¼ cup hazelnuts
- 3 cups baby arugula
- 1 cup fresh parsley
- 1 clove garlic
- 1 tablespoon capers, drained
- ½ cup extra-virgin olive oil
- ½ cup grated parmesan cheese
- Kosher salt and freshly ground pepper

FOR THE PIZZA

- 1 prebaked pizza crust (see page 52)
- 6 ounces fresh mozzarella cheese (preferably buffalo mozzarella), drained and sliced
- 1 medium zucchini, very thinly sliced
- 2 tablespoons grated parmesan cheese
- 1 tablespoon extra-virgin olive oil
- Torn fresh basil, for topping
- Kosher salt and freshly ground pepper

1. Place a pizza stone or inverted rimmed baking sheet on the lower oven rack and preheat to 500°. Make the pesto: Lightly toast the hazelnuts in a dry skillet over medium-high heat, stirring occasionally, about 5 minutes; let cool. Transfer to a food processor and add the arugula, parsley, garlic and capers; pulse until almost smooth. With the motor running, gradually add the olive oil and process until combined. Add the parmesan and pulse to combine; add 2 tablespoons water to loosen. Season with salt and pepper.

2. Assemble the pizza: Keep the prebaked crust on the baking sheet. Spread with the pesto and top with the mozzarella. Arrange the zucchini in overlapping rows on top. Sprinkle with the parmesan and drizzle with the olive oil. Transfer the baking sheet to the hot pizza stone and bake until the cheese is melted and the crust is golden brown, 10 to 12 minutes. Remove from the oven and top with basil; season with salt and pepper.

GET AHEAD!

You can make the pesto up to 1 week ahead; cover and refrigerate.

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FRUIT •on the• TOP

Dress up a plain cheesecake with homemade fruit sauce—in any flavor!





RASPBERRY-ROSÉ

Combine 3 cups raspberries, 1½ cups rosé wine, 1 cup sugar, 1 strip orange zest, the juice of 1 orange, 2 teaspoons vanilla and a pinch of cinnamon in a saucepan. Bring to a boil, then reduce the heat and simmer, stirring occasionally, until reduced by half, 30 to 40 minutes. Whisk 2 teaspoons cornstarch with 3 tablespoons water; whisk into the sauce until thickened, 3 minutes. Strain the sauce through a fine-mesh sieve, using a ladle to push it through. Let cool, then cover and refrigerate. (Makes 1½ cups.)



HONEYDEW-AVOCADO

Puree 2 cups cubed honeydew melon, 1 small peeled and pitted avocado, ⅓ cup sugar and the juice of 1 lime until smooth. If the sauce is still lumpy, strain through a fine-mesh sieve, using a ladle to push it through. Cover and refrigerate. (Makes 1¾ cups.)

PHOTO: STEVE GIRALT; FOOD STYLING: CHRISTINE ALBANO.





MANGO-COCONUT

Combine 2 cups coconut water and ½ cup sugar in a saucepan and bring to a simmer, stirring occasionally; cook until reduced to ½ cup, 10 to 15 minutes. Add 2 chopped mangoes and cook until just tender, 3 minutes. Remove from the heat and add the juice of 1 lime and ½ teaspoon vanilla. Puree until smooth, then strain the sauce through a fine-mesh sieve, using a ladle to push it through. Let cool; cover and refrigerate. (Makes 1¾ cups.)



MAPLE-BLUEBERRY

Combine 3½ cups fresh or frozen blueberries, 1 cup water, ½ cup maple syrup, ¼ cup sugar, the juice of 1 lemon and 1 teaspoon vanilla in a saucepan. Bring to a boil, stirring occasionally, then lower the heat and simmer until reduced by half, 20 to 30 minutes. Strain the sauce through a fine-mesh sieve, using a ladle to push it through. Let cool; cover and refrigerate. (Makes 1⅓ cups.)



STRAWBERRY-RHUBARB

Toss 2 cups sliced fresh or frozen rhubarb, 1 pound quartered strawberries and ¾ cup sugar in a saucepan; let sit until juicy, 20 minutes. Add ¼ cup water, bring to a simmer and cook, stirring occasionally, until very tender, 15 to 20 minutes. Strain the sauce through a fine-mesh sieve, using a ladle to push it through. Let cool, then cover and refrigerate. (Makes 1½ cups.)



APRICOT-GINGER

Combine 1 cup dried apricots, ⅓ cup sugar, 3 thin slices ginger, 1¼ cups water, ½ cup cranberry juice and the juice of 2 lemons in a saucepan. Bring to a boil, stirring occasionally, then reduce the heat, cover and simmer until the apricots are very soft, 10 to 15 minutes. Let cool; discard the ginger. Puree until smooth, then cover and refrigerate. Stir in up to ½ cup water if the sauce seems thick. (Makes 2 cups.)

Turn the page for the cheesecake recipe.

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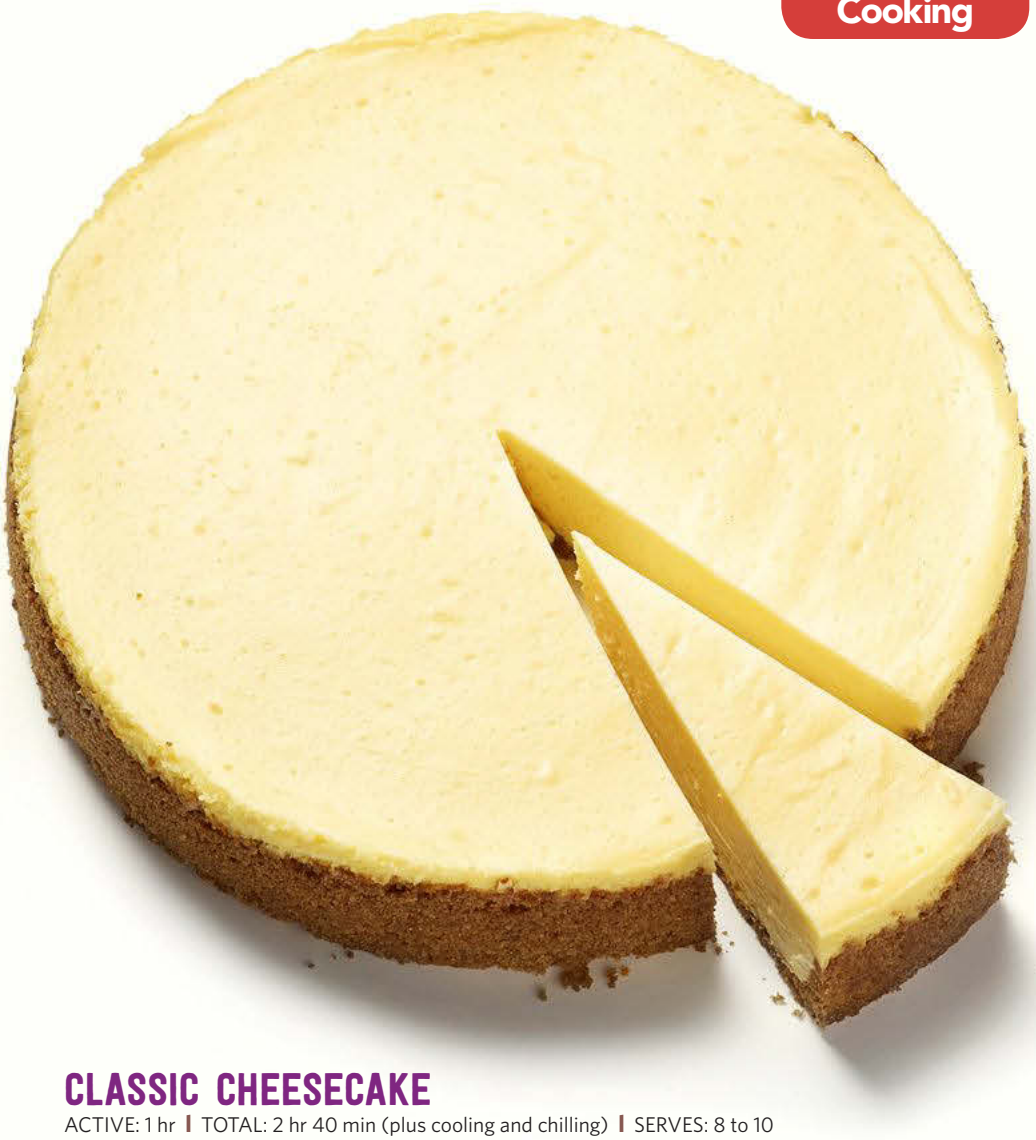


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CLASSIC CHEESECAKE

ACTIVE: 1 hr | TOTAL: 2 hr 40 min (plus cooling and chilling) | SERVES: 8 to 10

FOR THE CRUST

- 14 whole graham crackers
- 2 tablespoons sugar
- 5 tablespoons unsalted butter, melted

FOR THE FILLING

- 3 8-ounce packages cream cheese, at room temperature
- 1 cup sugar
- 3 large eggs
- 2 tablespoons fresh lemon juice
- 1½ teaspoons pure vanilla extract

1. Make the crust: Preheat the oven to 350°. Break the graham crackers into pieces, then pulse in a food processor with the sugar until finely ground; drizzle in the melted butter and pulse to combine. Press the crumb mixture into the bottom and about 1 inch up the side of a 9-inch springform pan. Bake until golden, about 10 minutes, then transfer to a rack and let cool completely. Reduce the oven temperature to 300°.

2. Make the filling: Beat the cream cheese and sugar in a large bowl with a mixer on medium-high speed until smooth and slightly fluffy, about 3 minutes. Beat in the eggs, one at a time, then beat in the lemon juice and vanilla.

3. Pour the batter into the prepared crust. Transfer to the oven and bake until the edge is set but the center still jiggles slightly, 1 hour to 1 hour 10 minutes. Turn off the oven and keep the cheesecake in the oven with the door ajar, 20 minutes. Remove from the oven and run a knife around the edge of the cheesecake to loosen. Transfer to a rack and let cool completely, then refrigerate until set, at least 4 hours or overnight.

PHOTO: LEVI BROWN; FOOD STYLING: BRETT KURZWEIL.

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Weeknight Cooking

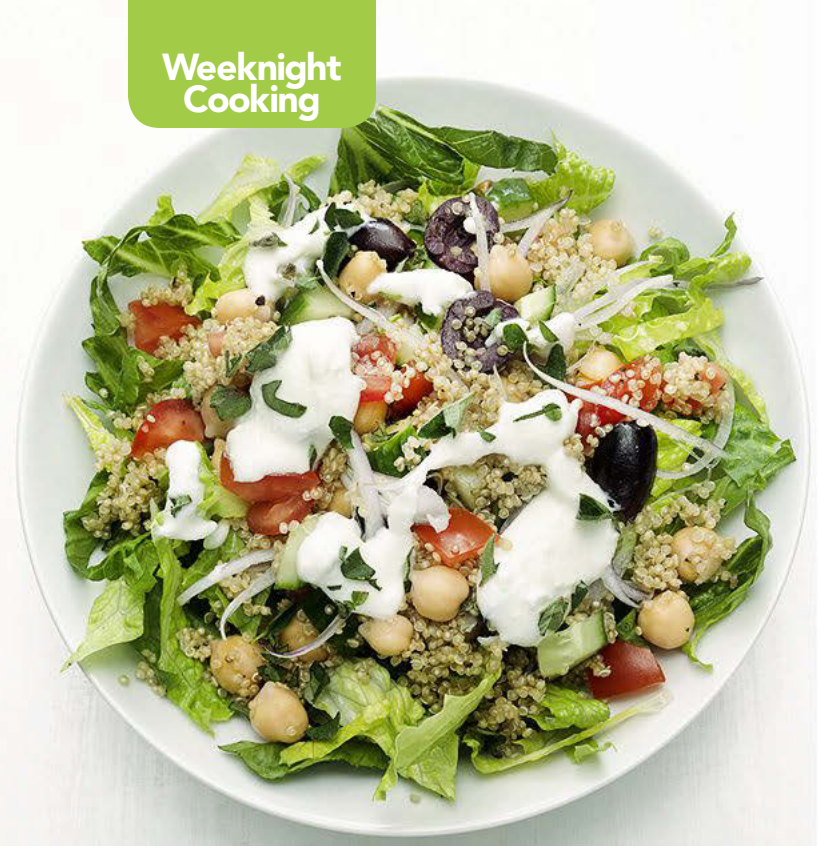
Try some **simple spring meals** from our test kitchen.

PHOTOGRAPHS BY **CHARLES MASTERS**



Make this low-calorie pasta tonight. See page 70.

FOOD STYLING: JAMIE KIMM; PROP STYLING: CHRISTINA LANE.



GREEK QUINOA SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 1¼ cups quinoa, rinsed
- Kosher salt
- 1 15-ounce can chickpeas, drained and rinsed
- ½ seedless cucumber, chopped
- 3 large plum or 5 Campari tomatoes, chopped
- ½ red onion, thinly sliced
- 3 tablespoons red wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon finely chopped fresh oregano, plus more for topping
- Freshly ground pepper
- ¼ cup crumbled feta cheese (about 2 ounces)
- 1 small head romaine lettuce, chopped
- ¼ cup halved pitted kalamata olives

1. Bring 1¾ cups water, the quinoa and a pinch of salt to a boil in a medium saucepan. Reduce the heat to medium low; cover and cook until the quinoa is tender and the liquid is absorbed, 10 to 15 minutes. Remove from the heat and fluff with a fork; let cool slightly.
2. Meanwhile, toss the chickpeas, cucumber, tomatoes, red onion, vinegar, 2 tablespoons olive oil and the oregano in a large bowl; season with salt and pepper and let sit 10 minutes.
3. Pulse the feta, 2 tablespoons water and the remaining 1 tablespoon olive oil in a mini food processor until smooth, adding up to 1 tablespoon water, if needed; season with salt and pepper.
4. Divide the lettuce among bowls; top with the warm quinoa, the chickpea mixture and olives. Drizzle with the feta dressing and sprinkle with oregano.

Per serving: **Calories** 506; **Fat** 20 g (**Saturated** 4 g); **Cholesterol** 5 mg; **Sodium** 472 mg; **Carbohydrate** 65 g; **Fiber** 13 g; **Protein** 19 g



GRILLED FLANK STEAK WITH PEPERONATA

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- 6 tablespoons extra-virgin olive oil, plus more for the grill
- 3 tablespoons balsamic vinegar
- 2 teaspoons dijon mustard
- 2 teaspoons chopped fresh thyme
- 2 cloves garlic, grated
- 1½ pounds flank steak, trimmed and halved lengthwise
- Kosher salt and freshly ground pepper
- 1 red onion, sliced ½ inch thick and separated into rings
- 6 Italian frying peppers (such as Cubanelle), quartered lengthwise and seeded
- Pinch of red pepper flakes
- ½ baguette or 1 demi baguette, split
- 2 tablespoons chopped fresh mint

1. Heat a grill to medium high. Whisk 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, the mustard, thyme and 1 grated garlic clove in a bowl. Rub all over the steak and season with salt and pepper; set aside. Combine 2 tablespoons olive oil and the remaining grated garlic in a small bowl; set aside.
2. Toss the red onion and peppers with the remaining 2 tablespoons olive oil, 1 teaspoon salt and a few grinds of pepper. Grill the vegetables, flipping, until lightly charred and tender, about 5 minutes. Transfer to a bowl; stir in the remaining 2 tablespoons balsamic vinegar and the red pepper flakes. Cover with plastic wrap and set aside.
3. Brush the grill grates with olive oil. Grill the steak until browned, about 5 minutes per side for medium rare. Transfer to a cutting board and let rest. Meanwhile, toast the bread on the grill. Remove and cut into pieces; brush the cut sides with the garlic oil and season with salt and pepper.
4. Stir the mint into the pepper mixture. Thinly slice the steak against the grain. Serve with the peppers and garlic bread.

Per serving: **Calories** 559; **Fat** 33 g (**Saturated** 8 g); **Cholesterol** 103 mg; **Sodium** 748 mg; **Carbohydrate** 24 g; **Fiber** 4 g; **Protein** 39 g

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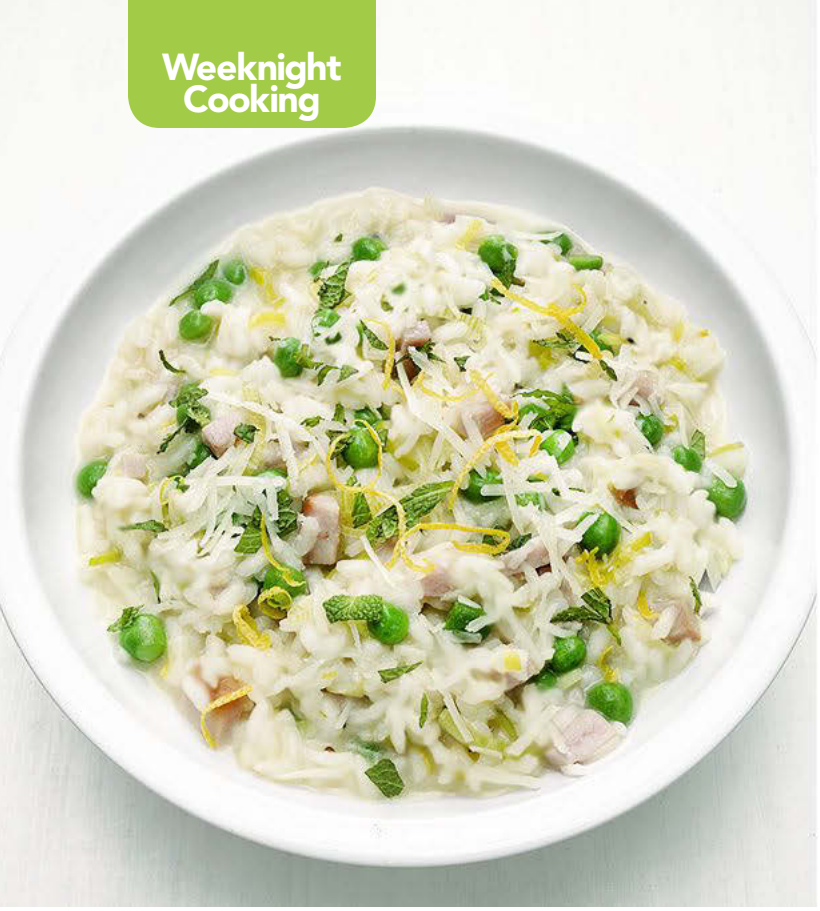
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RISOTTO WITH PEAS AND HAM

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 6½ cups low-sodium chicken broth
- 2 cloves garlic
- 4 tablespoons unsalted butter
- 1 large leek (white and light green parts only), thinly sliced and rinsed well
- 1½ cups arborio rice
- 1 cup dry white wine
- 2 cups fresh or frozen peas (thawed if frozen)
- 8 ounces thickly sliced deli ham, cut into ¼-inch cubes
- ½ cup grated pecorino romano cheese (about 1 ounce), plus more for topping
- Kosher salt and freshly ground pepper
- Chopped fresh mint, for topping
- Grated zest of 1 lemon

1. Heat the broth and garlic in a saucepan over medium heat until steaming; keep warm. Melt 2 tablespoons butter in a large Dutch oven or pot over medium-high heat. Add the leek and cook, stirring occasionally, until softened, 2 to 3 minutes. Add the rice; cook, stirring, until toasted, 2 to 3 minutes. Stir in the wine and cook, scraping up any browned bits, until absorbed, 3 to 5 minutes.
2. Add 3 cups hot broth to the rice; cook, stirring constantly, until mostly absorbed, 8 to 10 minutes. Add 3 more cups hot broth; continue cooking, stirring, until the risotto is tender and thickened, 12 to 14 minutes.
3. Reduce the heat to low and stir in the peas, ham, cheese and the remaining 2 tablespoons butter. Stir in more hot broth if the risotto is too thick; season with salt and pepper. Top each serving with mint, more cheese and the lemon zest.

Per serving: Calories 616; Fat 21 g (Saturated 11 g); Cholesterol 92 mg; Sodium 1,188 mg; Carbohydrate 73 g; Fiber 7 g; Protein 29 g



RANCH CHICKEN SALAD CUPS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- 8 slices bacon, chopped
- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 tablespoons buttermilk
- 3 tablespoons chopped scallions
- 2 tablespoons chopped fresh dill
- Kosher salt and freshly ground pepper
- 3 cups shredded rotisserie chicken (skin removed)
- 1 16-ounce container Campari or other small vine-ripened tomatoes, quartered
- 1 avocado, diced
- 2 heads Bibb lettuce, leaves separated
- 4 dinner rolls

1. Cook the bacon in a medium skillet over medium heat, stirring, until crisp, about 8 minutes. Transfer to a paper towel–lined plate using a slotted spoon.
2. Whisk the sour cream, mayonnaise and buttermilk in a large bowl. Add the scallions, dill, ½ teaspoon salt and a few grinds of pepper; whisk to combine. Add the chicken and half each of the bacon and tomatoes; toss to coat. Add the avocado and gently toss.
3. Serve the chicken salad in the lettuce leaves; top with the remaining bacon and tomatoes. Serve with the dinner rolls.

Per serving: Calories 471; Fat 33 g (Saturated 8 g); Cholesterol 104 mg; Sodium 1,210 mg; Carbohydrate 13 g; Fiber 6 g; Protein 32 g

FRIT TA-TA TASTIC



Potato, Kale and Pecorino Frittata





"What's for dinner?" the entire family asks, like, every night. Never fear. This delicious Potato, Kale and Pecorino Frittata has your back. It's so easy and fast, it'll make it seem like you had an elaborate plan all along.

SO EASY!

I start with white potatoes because they're creamy and they crisp up well without being too starchy. Then I add kale for nutritious color and texture, and a punch of pecorino cheese. It's an easy way to freshen up a weeknight dinner.

– Meredith, In Sock Monkey Slippers

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BROCCOLI PASTA WITH CAPICOLA

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

Kosher salt
1 large bunch broccoli, cut into florets, stems peeled and thinly sliced
10 ounces fusilli pasta
1 tablespoon extra-virgin olive oil
4 cloves garlic, chopped
1 cup crumbled ricotta salata cheese (about 4 ounces)
2 tablespoons chopped fresh dill, mint, basil, parsley and/or chives
2 tablespoons chopped scallions
2 ounces deli-sliced capicola or coppa ham, cut into strips

1. Bring a large pot of salted water to a boil. Add the broccoli florets and stems and cook until tender but still bright green, about 3 minutes. Remove to a bowl using a slotted spoon; set aside. Return the water to a boil, then add the pasta and cook as the label directs. Reserve 2 cups cooking water, then drain the pasta and set aside.
2. Heat the olive oil in the empty pot over medium heat. Add the garlic and cook until slightly softened, about 1 minute. Add the broccoli stems, half of the florets and 1 cup of the reserved cooking water. Cover and cook until very soft, about 12 minutes.
3. Return the pasta to the pot along with another ½ cup of the reserved cooking water. Add the remaining broccoli florets, half of the ricotta salata, and the herbs and scallions; stir to combine, adding more cooking water to loosen, if needed. Top each serving with the capicola and the remaining ricotta salata.

Per serving: **Calories** 477; **Fat** 13 g (**Saturated** 5 g); **Cholesterol** 28 mg; **Sodium** 238 mg; **Carbohydrate** 70 g; **Fiber** 7 g; **Protein** 22 g



CAJUN CHICKEN WITH PINTO BEANS

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

2 large skinless, boneless chicken breasts (about 12 ounces each)
1 tablespoon extra-virgin olive oil
2 teaspoons Cajun seasoning
3 slices thick-cut bacon, chopped
1 large red bell pepper, chopped
1 bunch scallions, chopped (white and green parts separated)
1 15-ounce can pinto beans, drained and rinsed
1½ cups frozen corn (preferably fire-roasted), thawed
3 tablespoons jarred sofrito (available in the Latin-foods aisle)
¼ cup heavy cream
Juice of 1 lime
Kosher salt

1. Preheat the oven to 350°. Cut each chicken breast in half horizontally to form 4 thinner cutlets. Toss the chicken with the olive oil, then rub all over with the Cajun seasoning; set aside.
2. Cook the bacon in a large nonstick skillet over medium heat, stirring occasionally, until crisp, about 7 minutes. Remove and drain on paper towels. Pour off all but 1 tablespoon of the drippings from the skillet. Add the chicken and cook until browned, about 3 minutes per side. Transfer to a baking sheet; bake until cooked through, about 8 minutes.
3. Meanwhile, add the bell pepper and scallion whites to the skillet. Cook until the scallions are wilted, about 2 minutes. Add the beans, corn and sofrito. Cook, stirring occasionally, until warmed through, about 2 minutes. Add 1 cup water and the heavy cream; bring to a simmer. Cook until the vegetables are tender and the sauce thickens, about 5 minutes. Add the scallion greens, lime juice and ½ teaspoon salt. Serve the chicken with the bean mixture; top with the bacon.

Per serving: **Calories** 570; **Fat** 23 g (**Saturated** 7 g); **Cholesterol** 155 mg; **Sodium** 1,143 mg; **Carbohydrate** 39 g; **Fiber** 3 g; **Protein** 53 g

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BAKED-EGG AND CANADIAN BACON SANDWICHES

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 8 large eggs
- ½ cup heavy cream
- 1 tablespoon chopped fresh chives
- Kosher salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil, plus more for the pan
- 8 slices Canadian bacon (about 4 ounces)
- 4 brioche hamburger rolls, split
- ½ cup dijonnaise (or mayonnaise mixed with dijon mustard)
- ¼ cup jarred Peppadew peppers, chopped, plus 2 tablespoons brine from the jar
- 4 slices gruyère cheese (about 2 ounces)
- 1 5-ounce package mixed greens (about 8 cups)
- ¼ cup packaged fried shallots or onions

1. Preheat the oven to 375°. Whisk the eggs, heavy cream, chives, ¾ teaspoon salt and a few grinds of pepper in a bowl until fluffy. Generously coat the bottom and sides of an 8-inch-square or round cake pan with olive oil; add the egg mixture. Set in a roasting pan; add enough water to come ¼ inch up the sides of the cake pan. Carefully transfer to the oven; bake until the eggs are set, 20 minutes.
2. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium-high heat. Working in batches if needed, add the Canadian bacon and cook until crisp, 2 to 3 minutes per side; set aside.
3. Cut the baked eggs into 4 equal pieces. Spread the rolls with the dijonnaise, then sandwich with the Peppadews, bacon, cheese and eggs. Place the sandwiches on a baking sheet and bake until the cheese melts, about 3 minutes.
4. Meanwhile, toss the greens with the remaining 1 tablespoon olive oil, the Peppadew brine and fried shallots; season with salt and pepper. Serve with the sandwiches.

Per serving: Calories 665; Fat 43 g (Saturated 15 g); Cholesterol 514 mg; Sodium 1,731 mg; Carbohydrate 34 g; Fiber 1 g; Protein 34 g



SPICED CHAR WITH MOROCCAN CARROTS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

Look for *ras el hanout*, a Moroccan spice blend, in the spice aisle, or use 1 teaspoon each pumpkin pie spice and ground cumin, plus a pinch of cayenne.

- ¼ cup sliced almonds
- 3 tablespoons extra-virgin olive oil
- 1½ pounds carrots, cut into sticks
- ½ cup dried apricots, quartered
- 4 scallions, chopped
- ¼ cup thinly sliced pitted green olives
- 1 tablespoon honey
- Juice of ½ lemon
- 2 teaspoons *ras el hanout* (Moroccan seasoning)
- ¼ cup chopped fresh parsley
- 4 skin-on center-cut arctic char fillets (about 6 ounces each)
- Kosher salt

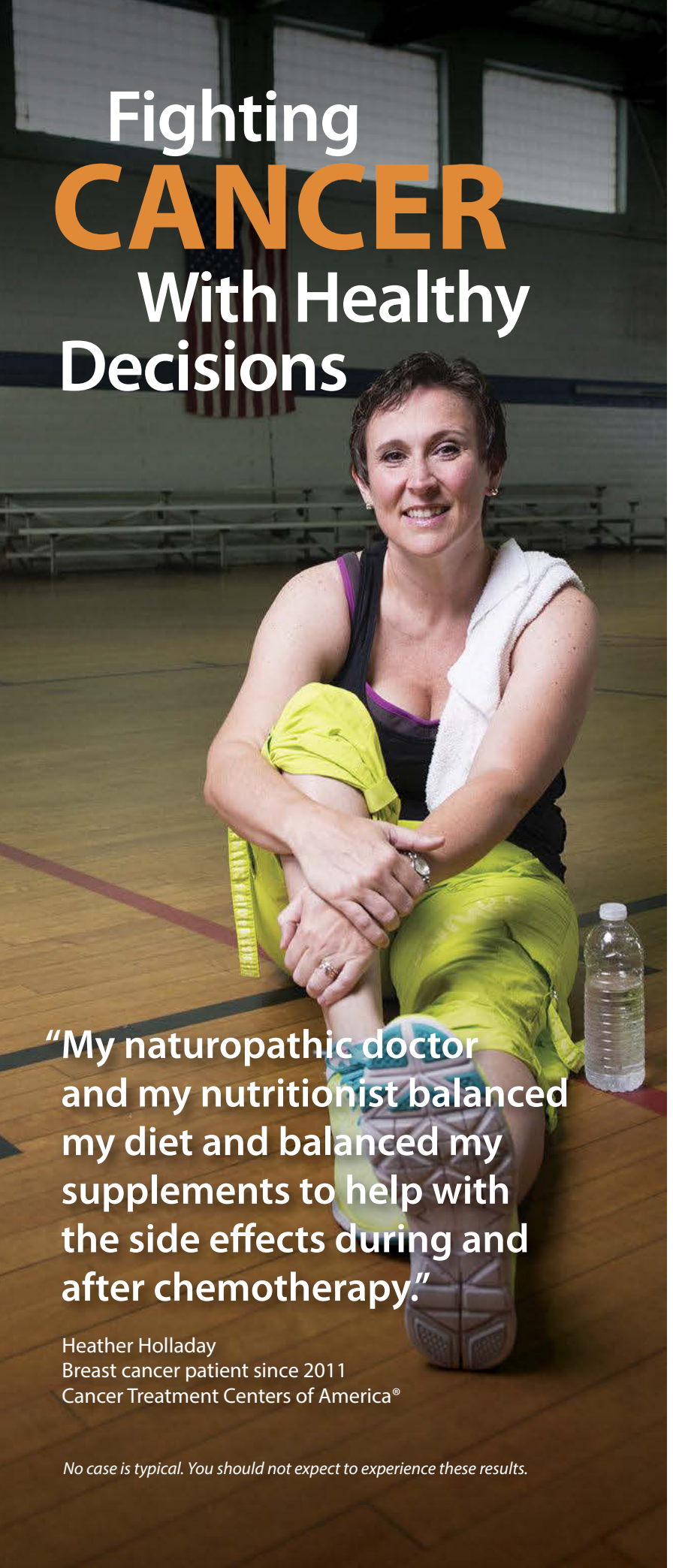
1. Toast the almonds in a large dry skillet over medium heat, stirring occasionally, until golden, 3 to 5 minutes. Transfer to a plate; let cool.
2. Return the skillet to medium heat. Add 2 tablespoons olive oil, then add the carrots, apricots and ¾ cup water. Reduce the heat to medium low; cover and simmer until the carrots are just tender, 8 to 10 minutes. Uncover and add the toasted almonds, scallions, olives, honey, lemon juice and 1 teaspoon *ras el hanout*. Increase the heat and bring to a boil. Cook, tossing occasionally, until the liquid is reduced and the carrots are glazed, about 5 minutes. Stir in the parsley.
3. Meanwhile, season the fish with the remaining 1 teaspoon *ras el hanout* and ½ teaspoon salt. Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over high heat. Add the fish, skin-side down, and cook, flipping once, until just cooked through, 5 to 6 minutes; season with salt. Remove from the heat and let the fish rest 2 minutes in the hot skillet. Serve with the carrots.

Per serving: Calories 480; Fat 23 g (Saturated 4 g); Cholesterol 97 mg; Sodium 497 mg; Carbohydrate 32 g; Fiber 7 g; Protein 37 g



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Fighting CANCER With Healthy Decisions



"My naturopathic doctor and my nutritionist balanced my diet and balanced my supplements to help with the side effects during and after chemotherapy."

Heather Holladay
Breast cancer patient since 2011
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No case is typical. You should not expect to experience these results.

You have the power to shape a healthier lifestyle. These choices can build cancer-resisting habits for today and in the future.

EAT GREEN

Choose plant foods to "crowd out" unhealthy choices such as processed food and red meat.

To reduce your risk of colon cancer, experts recommend eating no more than 18 oz (cooked weight) of red meats per week.[1]

DRINK SMART

Choose water over sugary drinks and limit your alcohol consumption.

More than one drink a day for women (two for men) can increase the risk of mouth, pharynx, esophageal and breast cancer.[2]

MEASURE PORTIONS

Managing portions helps you maintain a healthy body weight.

The suggested serving size of meat is 3 oz (ideally poultry or fish), which is about the size of a deck of cards.

GET MOVING

Focus on having fun. Set goals and monitor your progress. Change up activities to keep it fresh.

30 minutes of physical activity every day is all that is needed to make an impact on your health.

FORTIFY YOUR FIGHT

If you have been diagnosed with cancer, it's important to realize that nutrition will play a vital role in your fight against the disease.

Avoid a "one-size-fits-all" approach—the best types of food to eat can depend on the type of cancer you're fighting.

The Vital Role of Nutrition in Fighting Cancer

Cancer treatment can affect your appetite, sense of taste and ability to absorb the nutrition you do consume, which can lead to complications in your treatment.

Malnutrition can impact your immune system.
Cancer patients are at an especially high risk of neutropenia, in which the immune system is depressed and unable to fight even routine infections.

Malnutrition can impact your treatment schedule.
If you become undernourished and too weak, treatment may need to be temporarily delayed until you regain your strength, thereby stalling your overall progress toward being cancer-free.[3]

Proper nutrition can help ease side effects.

Some basic foods that we all have in our pantries can be effective in combating cancer treatment side effects. For instance, did you know that eating foods rich in soluble fiber may decrease symptoms of diarrhea?

***Did you know** that approximately one-third of cancer deaths in the U.S. are linked to poor diet, physical inactivity and being overweight?*[4]



"Select a high-nutrition meal plan that works for you and your family, that is specific to your cancer and your tolerance to your treatment."

Sharon Day, RD, CSO, CNSC, National Director of Nutrition, Cancer Treatment Centers of America® (CTCA) and Director of Nutrition, CTCA® at Western Regional Medical Center.

HEALTHY RECIPE

MEXICAN LASAGNA

This is a great recipe to make extra portions of and warm up for leftovers the next day. Also, if you're on a sodium-restricted diet, the recipe can be modified to use no-salt-added tomatoes or fresh tomatoes.



Prep Time: 25 Minutes
Cook Time: 35 Minutes
Yield: 6 Servings

INGREDIENTS

- 2 onions, peeled and chopped
- 3 cloves garlic, peeled and minced
- 1 tablespoon olive oil
- Two 15-ounce cans pinto beans, drained and rinsed
- One 4-ounce can green chilies
- Two 15-ounce cans chili-style or fire-roasted tomatoes
- 1 to 2 tablespoons chili powder (or to taste)
- 1 tablespoon cumin (or to taste)
- 8 corn tortillas
- 2 cups low-fat shredded Mexican-style cheese

DIRECTIONS

1. In a large frying pan, sauté the onions and garlic for a few minutes in the olive oil. Add the beans, chilies, tomatoes, chili powder and cumin. Simmer for 20 minutes, stirring occasionally.
2. Preheat the oven to 350 degrees.
3. Spread one-third of the bean mixture in a 9 x 13-inch baking dish. Top with 4 of the tortillas and 1 cup of the cheese. Top with half of the remaining bean mixture, the remaining 4 tortillas and the remaining 1 cup of cheese. Top with the remaining bean mixture.
4. Cover with foil and bake about 35 minutes.

Per Serving: Calories 374 (From Fat 113); Fat 13 g (Saturated 4 g); Cholesterol 27 mg; Sodium 1261 mg; Carbohydrate 51 g (Dietary Fiber 11 g); Protein 21 g

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek treatment at CTCA® as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call **855-587-5528** *or go to* **cancercenter.com.**

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1. "Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective." American Institute for Cancer Research and the World Cancer Research Fund, http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_05_red_meat.html.
2. "Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective." American Institute for Cancer Research and the World Cancer Research Fund, http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_06_alcohol.html.
3. "Nutritional screening and early treatment of malnutrition in cancer patients." The National Center for Biotechnology Information. Lidia Santarpia, Franco Contaldo, and Fabrizio Pasanisi http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3063880/.
4. "Diet and Physical Activity: What's the Cancer Connection?" American Cancer Society, http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/diet-and-physical-activity.

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BEAN AND TOFU BURRITOS

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

⅓ cup converted white rice
1 15-ounce can low-sodium kidney or black beans (do not drain)
Kosher salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
½ 14-ounce package extra-firm tofu, drained, patted dry and cut into cubes
½ teaspoon low-sodium sazón seasoning
2 scallions, chopped
4 10-inch flour tortillas
½ cup shredded low-fat pepper jack cheese (about 2 ounces)
¼ cup pico de gallo
1 cup shredded romaine lettuce
Hot sauce and sour cream, for serving

1. Bring ¼ cup water, the rice, the beans and their liquid, ¼ teaspoon salt and a few grinds of pepper to a simmer in a medium saucepan over medium-high heat. Reduce the heat to low and stir. Cover and cook until the rice is tender and the liquid is absorbed, 16 to 18 minutes. **2.** Meanwhile, heat the olive oil in a large nonstick skillet over medium-high heat. Add the tofu; season with ½ teaspoon salt and a few grinds of pepper. Cook, stirring, until golden brown, 5 minutes. Add the sazón and cook, stirring, 2 minutes. Add 1 tablespoon water; cook, stirring, until absorbed. Add the tofu and scallions to the rice; fluff with a fork. **3.** Wrap the tortillas in damp paper towels and microwave 30 seconds. Sprinkle the bottom halves with the cheese; top with the tofu mixture, pico de gallo and lettuce. Fold the bottom edge over the filling, fold in the sides, then roll up tightly. Arrange seam-side down on a large microwave-safe plate and cover with a damp paper towel. Microwave until warm, 2 to 3 minutes. Serve with hot sauce and sour cream.

Per serving: Calories 498; Fat 16 g (Saturated 5 g); Cholesterol 15 mg; Sodium 1,335 mg; Carbohydrate 67 g; Fiber 8 g; Protein 22 g

SICILIAN PORK WITH SPAGHETTI

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

1 large pork tenderloin (1¼ to 1½ pounds), trimmed
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper
½ cup roughly chopped fresh parsley
2 teaspoons fennel seeds, finely chopped
1 clove garlic, minced
1 pint grape or cherry tomatoes, halved
¼ cup golden raisins
¼ cup pine nuts
1 cup low-sodium chicken broth
¼ cup grated pecorino romano cheese, plus more for topping
8 ounces spaghetti

1. Preheat the oven to 425°. Brush the pork with 1 tablespoon olive oil; season with ½ teaspoon salt and a few grinds of pepper. Sprinkle with 2 tablespoons parsley and the fennel seeds, pressing to adhere. **2.** Heat the remaining 2 tablespoons olive oil in a large ovenproof nonstick skillet over medium-high heat. Add the pork and cook, turning, until browned on all sides, 8 to 10 minutes. Scatter the garlic, tomatoes, raisins and pine nuts around the pork. Cook, stirring, until the tomatoes are slightly softened, about 1 minute. Add the broth and bring to a simmer. Sprinkle the cheese over the pork, then transfer the skillet to the oven. Roast until a thermometer inserted into the center of the pork registers 145°, 15 to 20 minutes. Remove to a cutting board and let rest; reserve the tomato mixture in the pan. **3.** Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain, then add to the tomato mixture along with the remaining 6 tablespoons parsley; season with salt and toss. Top with cheese. Slice the pork and serve with the pasta.

Per serving: Calories 629; Fat 24 g (Saturated 5 g); Cholesterol 115 mg; Sodium 490 mg; Carbohydrate 56 g; Fiber 3 g; Protein 47 g



MEXICAN CHORIZO MEATBALL SOUP

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 poblano chile pepper, seeded and chopped
- 1 15-ounce can diced tomatoes
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- Kosher salt and freshly ground pepper
- 8 ounces fresh chorizo, casings removed
- ¼ cup finely crushed tortilla chips, plus more chips for serving
- 1 tablespoon chopped fresh cilantro, plus more for topping
- 1 cup shredded cheddar cheese (about 4 ounces)
- Lime wedges, for serving

1. Heat the vegetable oil in a large saucepan over medium-high heat. Add the onion and poblano and cook, stirring, until softened, 5 to 8 minutes. Add the tomatoes, garlic and cumin; season with salt and pepper. Cook until the liquid thickens, about 3 minutes. Add 5 cups water. Increase the heat to high and bring to a simmer, then reduce the heat to maintain a simmer and cook 10 minutes.
2. Meanwhile, combine the chorizo, crushed tortilla chips, cilantro and a pinch each of salt and pepper in a small bowl; mix with your hands until just combined. Form into 1-inch meatballs (about 20).
3. Add the meatballs to the soup and simmer until just cooked through, 5 to 8 minutes. Remove from the heat and season with salt and pepper. Ladle the soup into bowls; top with the cheese and cilantro. Serve with lime wedges and tortilla chips.

Per serving: **Calories** 390; **Fat** 28 g (**Saturated** 11 g); **Cholesterol** 65 mg; **Sodium** 850 mg; **Carbohydrate** 16 g; **Fiber** 2 g; **Protein** 17 g



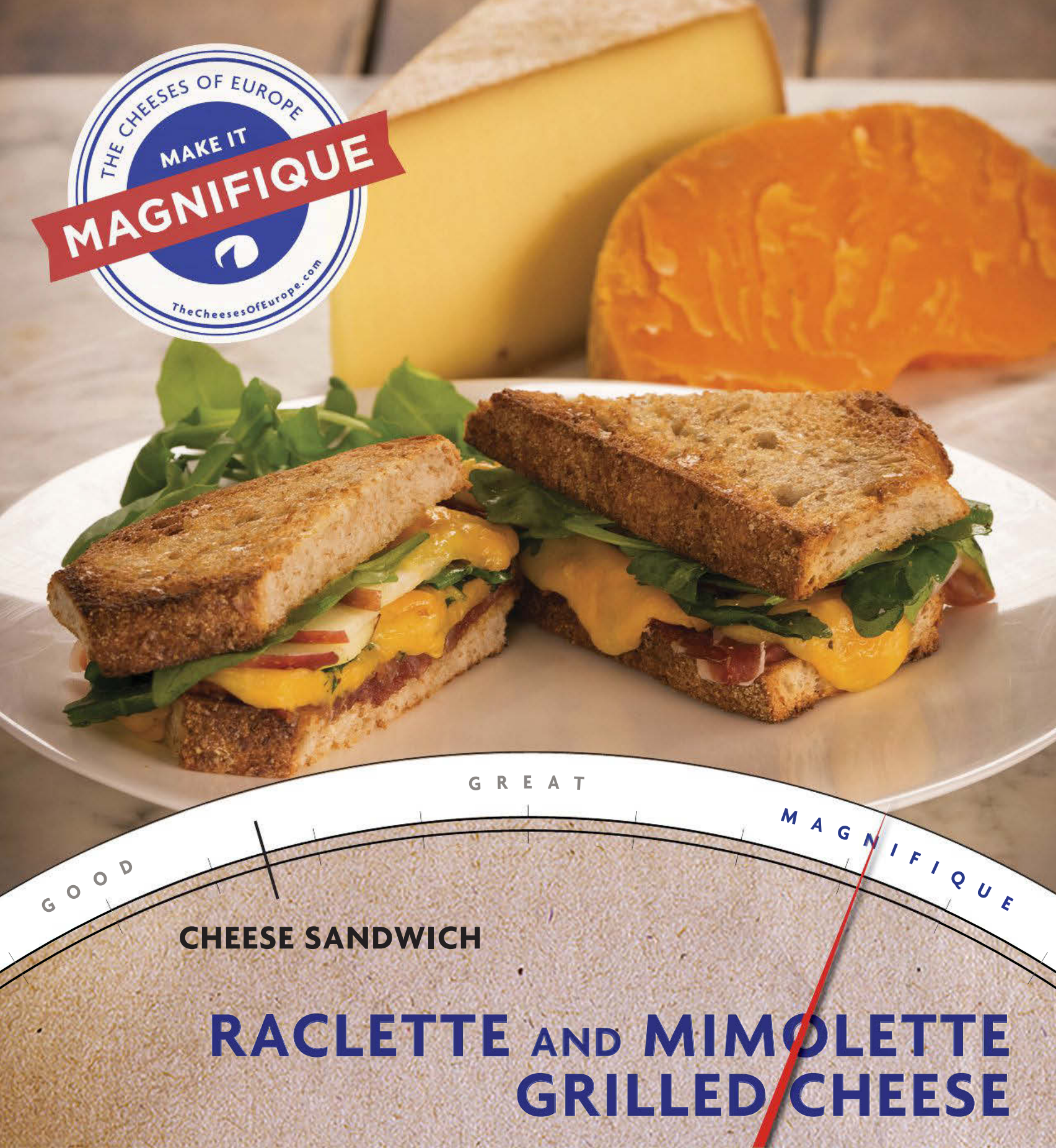
GENERAL TSO'S SHRIMP WITH BROCCOLINI

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- 1 large egg white
- 3 tablespoons Shaoxing rice wine, mirin or dry sherry
- 3 tablespoons soy sauce
- 2 tablespoons cornstarch, plus more for coating (about ¾ cup)
- 1 pound large shrimp, peeled and deveined (tails intact)
- ⅓ cup Thai-style sweet chili sauce
- 3 tablespoons vegetable or peanut oil, plus more for deep-frying
- 2 bunches broccolini, trimmed
- 1 bunch scallions, cut into 1½-inch pieces
- 2 cloves garlic, minced
- ½ to 1 teaspoon red pepper flakes
- 4 cups cooked white rice, for serving

1. Whisk the egg white with 1 tablespoon each rice wine, soy sauce and cornstarch in a large bowl. Add the shrimp and toss; refrigerate until ready to fry. Whisk the chili sauce, the remaining 2 tablespoons each rice wine and soy sauce, 1 tablespoon cornstarch and 1 cup water in a bowl; set aside.
2. Heat 2 tablespoons oil in a wok or large Dutch oven over medium-high heat. Add the broccolini; stir-fry until charred in spots, 3 minutes. Add ½ cup water and stir-fry until crisp-tender, 1 to 2 minutes; transfer to a plate. Reduce the heat to medium; add the remaining 1 tablespoon oil, the scallions, garlic and red pepper flakes. Stir-fry until tender, 2 minutes. Add the chili sauce mixture and cook, stirring occasionally, until thickened, 1 minute. Cover and set aside.
3. Heat 1 inch of oil in a deep saucepan over medium-high heat until a deep-fry thermometer registers 365°. Working in batches, toss the shrimp in cornstarch to coat, then fry until crisp and golden, about 3 minutes. Remove with a slotted spoon and drain on paper towels.
4. Return the wok to medium heat and reheat the sauce if needed. Add the broccolini and shrimp and cook, tossing, until warmed through, 2 minutes. (Add up to ½ cup water if the sauce is too thick.) Serve with the rice.

Per serving: **Calories** 673; **Fat** 24 g (**Saturated** 3 g); **Cholesterol** 203 mg; **Sodium** 1,255 mg; **Carbohydrate** 83 g; **Fiber** 6 g; **Protein** 30 g

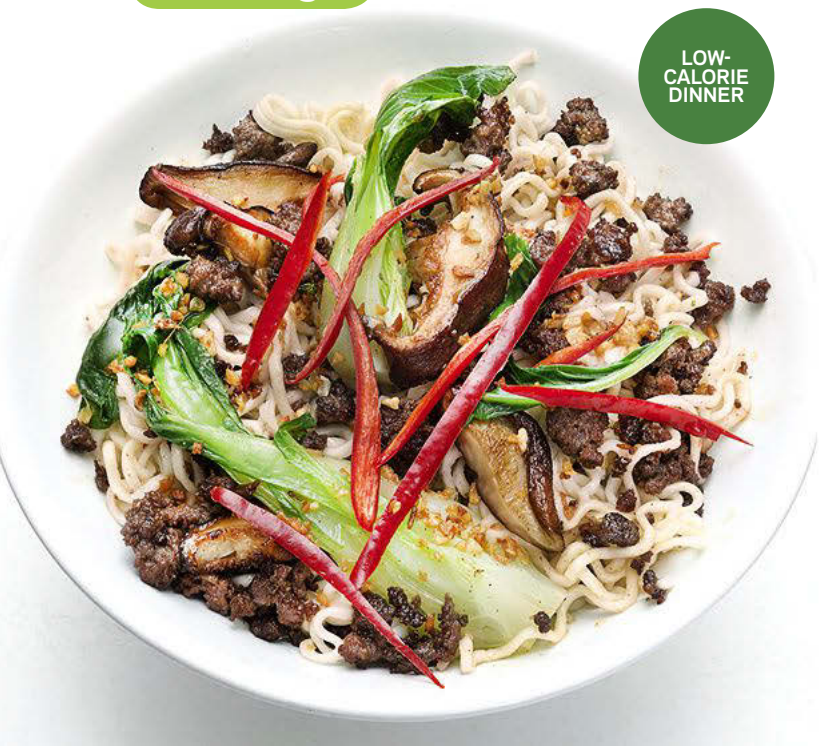


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SPICY RAMEN WITH BEEF AND BOK CHOY

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 1 pound lean ground beef
- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce
- 2 tablespoons chopped scallions
- 2 tablespoons chopped peeled ginger
- 3 cloves garlic, chopped
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1½ cups sliced shiitake mushroom caps (about 6 ounces)
- 4 heads baby bok choy, quartered lengthwise
- 4 3-ounce packages instant ramen noodles (preferably spicy-flavored), 1 flavor packet reserved
- 1 Fresno chile pepper, seeded and thinly sliced lengthwise

1. Combine the beef, hoisin sauce, soy sauce, scallions, half each of the ginger and garlic, and ½ teaspoon each salt and pepper in a bowl. Heat 1 tablespoon vegetable oil in a large skillet over high heat. Add the beef mixture and cook, breaking up the meat, until browned, 5 minutes.
2. Add the mushrooms to the skillet; cook, stirring, until wilted, 1 to 2 minutes. Transfer the mixture to a bowl. Wipe out the skillet, then heat the remaining 1 tablespoon oil over medium-high heat. Add the remaining ginger and garlic and cook until golden brown and crisp, 2 to 3 minutes; set aside.
3. Bring 4 cups water to a boil in a large pot over high heat. Add the bok choy and ramen noodles along with the reserved ramen flavor packet. Cover and cook, stirring halfway through, until the boy choy is wilted and the noodles are tender, about 4 minutes. Add the beef-mushroom mixture to the pot and toss to combine. Top each serving with the ginger-garlic mixture and the sliced chile.

Per serving: Calories 377; Fat 13 g (Saturated 3 g); Cholesterol 60 mg; Sodium 1,182 mg; Carbohydrate 37 g; Fiber 4 g; Protein 29 g



MUSTARD-CRUSTED PORK CHOPS WITH ASPARAGUS-POTATO SALAD

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

- 1 pound red-skinned potatoes, cut into ½-inch pieces
- Kosher salt
- 1 small bunch asparagus, trimmed and cut into ½-inch pieces
- 3 tablespoons breadcrumbs
- 2 tablespoons chopped fresh tarragon
- 4 boneless center-cut pork chops (¾ inch thick, 1¼ pounds total)
- Freshly ground pepper
- 1 teaspoon paprika
- 2 tablespoons whole-grain mustard
- 3 tablespoons vegetable oil
- ¼ cup fat-free sour cream
- 2 tablespoons white wine vinegar
- ½ cup torn fresh basil

1. Put the potatoes in a medium saucepan and cover with cold water by 1 inch; season with salt. Bring to a boil, then reduce the heat to medium and simmer until tender, about 9 minutes, adding the asparagus during the last 2 minutes of cooking. Drain.
2. Meanwhile, combine the breadcrumbs and 1 tablespoon tarragon in a shallow dish. Season the pork with ½ teaspoon salt, a few grinds of pepper and the paprika. Spread 1 tablespoon mustard on one side of the chops, then press, mustard-side down, into the crumb mixture.
3. Heat the vegetable oil in a large nonstick skillet over medium heat. Add the pork chops, crumb-side down, and cook until golden brown and just cooked through, about 4 minutes per side.
4. Whisk the sour cream, vinegar and the remaining 1 tablespoon each mustard and tarragon in a large bowl. Add the potatoes and asparagus, the basil, ¼ teaspoon salt and a few grinds of pepper; toss. Serve with the pork chops.

Per serving: Calories 533; Fat 31 g (Saturated 8 g); Cholesterol 86 mg; Sodium 675 mg; Carbohydrate 29 g; Fiber 4 g; Protein 34 g


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Easy Sides



SPINACH-CHEDDAR ROLLS

Pat one 8-ounce tube **crescent-roll dough** into an 8-by-12-inch rectangle, pressing the seams. Brush with **dijon mustard;** top with ½ cup each thawed **frozen chopped spinach** (squeezed dry) and grated **cheddar,** and ¼ cup chopped **scallions,** leaving a border. Season with **salt.** Starting with a short side, roll into a log; pinch the edge. Slice into 8 pinwheels. Bake at 350˚ on a parchment-lined baking sheet, 16 to 20 minutes.



NOODLES WITH SPICY TOMATO SAUCE

Toast 8 ounces **fideo or broken spaghetti** in a skillet with **olive oil** over low heat, 4 minutes. Stir in 1 cup chopped **scallions** and 2 teaspoons **ground cumin.** Add 1½ cups **chicken broth** and one 14-ounce can **diced tomatoes with chiles.** Simmer, stirring, until the noodles are tender, 12 minutes. Season with **salt.** Top with chopped **cilantro** and crumbled **Cotija cheese.**

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ITALIAN GIARDINIERA SALAD

Combine ¾ cup drained **giardiniera** (Italian pickled vegetables), 4 ounces chopped fresh **mozzarella,** 4 cups **Italian blend salad greens,** ½ cup torn **basil** and 2 tablespoons chopped **parsley** in a large bowl. Whisk 1 tablespoon each **white wine vinegar** and jarred giardiniera brine, then slowly whisk in 3 tablespoons **olive oil;** drizzle over the salad and toss. Season with **salt** and **pepper.**



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CHILE-SPICED SWEET POTATO WEDGES

Cut 4 **sweet potatoes** into wedges; toss with **olive oil, salt** and **pepper** on a baking sheet. Bake at 425°, flipping once, until browned, 20 to 25 minutes. Mix 3 tablespoons softened **butter** with 1 tablespoon **harissa** (or other chile paste), 1 grated **garlic clove,** the zest of 1 **lime** and a pinch of **salt.** Toss with the potatoes and some chopped **chives.** Season with salt. Serve with lime wedges.





INSIDE THE Test Kitchen

Katherine Alford takes us behind the scenes of this issue.

LINKED IN

We love chorizo, and we always have some form of it in the test kitchen. Here are the three kinds you'll find at the supermarket:

DRIED

Serve slices of this hard, cured Spanish-style chorizo on a cheese plate. Look for it near the cheese section with the other cured meats.

FULLY COOKED

Several brands have come out with chorizo-style ready-to-eat sausages. You'll find them near the hot dogs or chicken sausages.

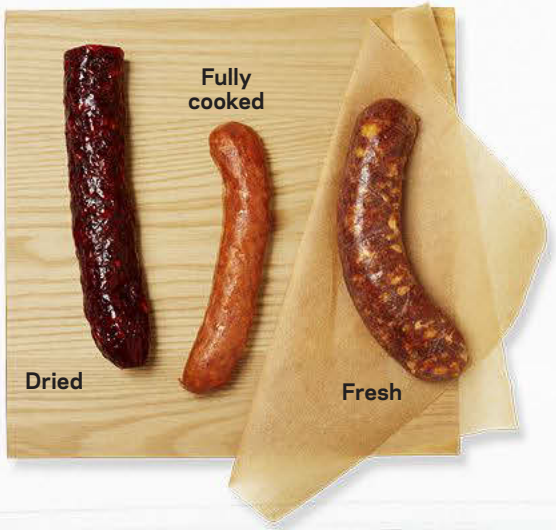
FRESH

Ask for this raw Mexican-style chorizo at the butcher counter. Cook it like a regular sausage, or remove from the casing and use like ground meat.



GENERAL INTEREST

When we were developing this issue, General Tso seemed to be everywhere: The movie *The Search for General Tso,* about the origin of the Chinese takeout dish, had just been released. And then we saw General Tso–flavored potato chips at the grocery store. We figured it was time to make our own version. Check out our General Tso's shrimp on page 74.



OIL CHANGE

We don't usually deep-fry for weeknight dinners, but when we do, we try not to waste all that oil. If you're frying chicken or veggies, you can reuse the oil up to four times! Let it cool completely, then strain into a plastic container; freeze up to one month.



FAST LANE!

We're always on the lookout for supermarket shortcuts. Here are our top 10:

Frozen brown rice
Saves 45 minutes!

Frozen kale
No stemming or chopping required

Frozen beans
The same great texture as dried beans without the soaking

Frozen fire-roasted corn
Tastes like you grilled it

Frozen dumplings
Great as a quick side dish

Canned fire-roasted tomatoes with chiles
Two ingredients in one

Vacuum-packed beets
Precooked and peeled—no purple hands!

Precut stir-fry vegetables
A time and money saver

Refrigerated pizza dough
Homemade pizza in about 30 minutes

Flavored mayonnaise
So many fun options (we like Sriracha)

CHORIZO: JON PATERSON/STUDIO D; OIL: SHUTTERSTOCK.

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True Colors

Brighten up dinner with a new take on pasta primavera.

PHOTOGRAPHS BY **DAVID MALOSH**



FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAMELA DUNCAN SILVER.



PASTA PRIMAVERA WITH PEAS, ASPARAGUS AND KALE

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

Kosher salt
8 ounces penne
8 ounces snap peas, trimmed and halved crosswise
1 bunch thin asparagus, trimmed and cut into 1½-inch pieces
1 small bunch kale (preferably Tuscan kale), stems removed and leaves roughly chopped
⅓ cup extra-virgin olive oil, plus more for drizzling
1 large bunch fresh chives, chopped
Grated zest of 1 lemon, plus 1 tablespoon lemon juice
Freshly ground pepper
1 tablespoon chopped fresh tarragon
¼ cup coarsely grated pecorino romano or parmesan cheese

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; add the peas, asparagus and kale to the pot during the last 3 minutes of cooking and stir occasionally. Reserve ½ cup cooking water, then drain the pasta and vegetables.
2. Meanwhile, combine the olive oil, all but 2 tablespoons chives, the lemon zest and juice, 1 teaspoon salt and a few grinds of pepper in a blender. Add 3 tablespoons cold water and pulse until smooth, scraping down the inside of the blender. Transfer to a large bowl. Stir in the tarragon and drizzle with olive oil.
3. Add the pasta and vegetables to the chive puree along with ¼ cup of the reserved cooking water and half of the cheese; season with salt and pepper. Toss well to coat, adding more cooking water to loosen, if necessary. Serve topped with the remaining cheese and chives.

PASTA PRIMAVERA WITH BEETS, RADISHES AND RADICCHIO

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

Kosher salt
12 ounces gemelli or other corkscrew-shaped pasta
½ cup extra-virgin olive oil
2 tablespoons red wine vinegar
1 8-to-9-ounce package vacuum-packed cooked beets, sliced, juice reserved (about ¼ cup juice)
Freshly ground pepper
1 bunch radishes, trimmed and thinly sliced
½ head radicchio, cored and thinly sliced
1 red onion, halved and sliced
3 cloves garlic, thinly sliced
1 cup fresh basil, roughly chopped
½ cup coarsely grated ricotta salata cheese (about 2 ounces)

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve ½ cup cooking water, then drain.
2. Meanwhile, whisk 3 tablespoons olive oil, the vinegar and beet juice in a large bowl; season with ½ teaspoon salt and a few grinds of pepper. Add the beets, radishes and radicchio and toss well to coat. Set aside.
3. Heat the remaining 5 tablespoons olive oil in a large skillet over medium-high heat. Add the red onion, garlic, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the onion is softened, about 4 minutes; add to the beet mixture and toss to coat.
4. Add the pasta, basil and ¼ cup each ricotta salata and reserved cooking water to the beet mixture; season with salt and pepper. Toss well to coat, adding enough of the remaining cooking water to loosen. Top with the remaining ricotta salata.





Orange



PASTA PRIMAVERA WITH CARROTS, BELL PEPPERS AND SQUASH

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

Kosher salt
1 8.8-ounce package egg fettuccine
2 tablespoons unsalted butter
3 carrots, thinly sliced
2 orange bell peppers, sliced
1 small yellow squash, halved lengthwise and thinly sliced
1 Fresno chile pepper, thinly sliced (remove seeds for less heat)
1 clove garlic, thinly sliced
1 teaspoon finely chopped fresh thyme
2 teaspoons sherry vinegar
Freshly ground pepper
¾ cup heavy cream
⅓ cup grated parmesan cheese, plus more for topping
1½ cups yellow cherry or grape tomatoes, halved or quartered if large

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve ½ cup cooking water, then drain.
2. Meanwhile, melt the butter in a large nonstick skillet over medium heat. Add the carrots, bell peppers, squash, chile, garlic, thyme and vinegar; season with ½ teaspoon salt and a few grinds of pepper. Reduce the heat to medium low; cover and cook, stirring halfway through, until the vegetables are very tender, about 20 minutes.
3. Add the heavy cream to the skillet; bring to a simmer. Gradually stir in the parmesan until just melted, about 1 minute. Add the tomatoes.
4. Increase the heat to medium and add the pasta and the reserved cooking water. Cook, tossing, until coated, about 2 minutes; season with salt and pepper. Top with more parmesan.


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Weekend Cooking

Jump into a baking project: We dedicated this whole section to cupcakes!

PHOTOGRAPH BY **JEFF HARRIS**



FOOD STYLING: JASON SCHREIBER.

Find our go-to vanilla cupcake batter on page 90.

THE COMPLETE GUIDE TO CUPCAKES

Classic batters ● Foolproof frosting ● Baking tips ● Decorating tricks
PLUS: 50 amazing recipes

PHOTOGRAPHS BY **RYAN DAUSCH**



FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: KIRA CORBIN.


Piña Colada
Passion Fruit
Cannoli
Carrot Cake
Strawberries and Cream
Peanut Butter–Banana

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50 CUPCAKES



PHOTOGRAPHS BY **RYAN DAUSCH**

BASIC CUPCAKES

1

Preheat the oven to 350° and line a 12-cup muffin pan with paper liners.

2

Prepare your batter.

VANILLA

Whisk 1⅓ cups flour, 1 teaspoon baking powder and ½ teaspoon salt in a bowl. Beat 1 stick softened butter in a separate bowl with a mixer on medium-high speed until smooth, 1 minute. Add 1 cup sugar and beat until creamy, 4 more minutes. Beat in 2 eggs, one at a time, then 2 teaspoons vanilla. Beat in the flour mixture in three batches on low speed, alternating with ½ cup milk total. Beat on medium-high speed until just combined.

CHOCOLATE

Whisk 1 cup flour and ½ teaspoon each baking soda and salt in a bowl. Heat ¾ cup milk until hot but not boiling; pour over ½ cup unsweetened cocoa powder in a large bowl and whisk until smooth. Let cool slightly. Whisk in 1 cup sugar, ¾ cup vegetable oil, 1 egg and 1 teaspoon vanilla until smooth. Whisk in the flour mixture until just combined.

SPICE

Whisk 1¼ cups flour, ½ teaspoon each baking powder, baking soda, salt and ground cinnamon, and ¼ teaspoon each ground ginger and allspice in a bowl. Whisk 1 stick melted butter, ½ cup each granulated sugar, light brown sugar and sour cream, 2 eggs and 1 teaspoon vanilla in a separate bowl until smooth. Whisk in the flour mixture until just combined.

3

Divide the batter among the muffin cups. Bake until the tops spring back, 20 to 25 minutes for vanilla or chocolate cupcakes, and 18 to 20 minutes for spice cupcakes. Transfer to a rack and let cool 5 minutes in the pan, then remove the cupcakes to the rack to cool completely.

4

Make your frosting, then pipe or spread on the cupcakes.

VANILLA

Beat 1½ sticks softened butter, 3 cups confectioners' sugar and a pinch of salt with a mixer on medium speed until just combined. Add 2 teaspoons vanilla and beat on medium-high speed until creamy, 3 minutes. Beat in 2 tablespoons milk until fluffy, 1 more minute.

CHOCOLATE

Pulse 1 stick softened butter, 2 cups confectioners' sugar, 4 ounces melted semisweet chocolate, 2 tablespoons each unsweetened cocoa powder and milk, and 1 teaspoon vanilla in a food processor until smooth.

CREAM CHEESE

Beat ½ stick softened butter, 6 ounces softened cream cheese, 1 teaspoon vanilla and a pinch of salt with a mixer on medium speed until creamy, 1 to 2 minutes. Gradually beat in 2 cups confectioners' sugar on medium-low speed until smooth, then beat on medium high until thick and fluffy, 1 to 2 more minutes.



1. BIRTHDAY CLASSIC Make Vanilla Cupcakes. Frost with Cream Cheese Frosting and top with nonpareils.



2. BLUEBERRY-MAPLE Make Vanilla Cupcakes, adding ½ teaspoon maple extract with the vanilla. Make Vanilla Frosting, adding 1 teaspoon grated lemon zest with the vanilla. Frost the cupcakes; top with blueberries tossed with maple syrup.



3. JELLY DOUGHNUT Make Vanilla Cupcakes; cool. Fill a pastry bag (with a large tip) with ½ cup seedless raspberry or strawberry jam. Insert into the top of the cupcakes and pipe in the jam. Frost with Vanilla Frosting; top with sanding sugar.



4. BOSTON CREAM Make Vanilla Cupcakes; cool. Fill a pastry bag (with a small tip) with ⅔ cup vanilla pudding. Cut a slit into the top of the cupcakes; pipe in the pudding. For the glaze: Pour ½ cup hot heavy cream over 4 ounces chopped chocolate; whisk until smooth, then let cool until thick. Spoon over the cupcakes.



5. CRÈME BRÛLÉE Make Vanilla Cupcakes, beating the seeds from ½ split vanilla bean with the butter. Instead of frosting, top with vanilla pudding. Sprinkle with sugar to cover completely and brûlée with a kitchen torch.



6. SALTED CARAMEL-TOFFEE Make Vanilla Cupcakes, folding ½ cup toffee chips into the batter; bake in nonstick liners. Make Chocolate Frosting, adding ½ cup caramel sauce to the food processor. Frost the cupcakes and top with toffee chips and flaky sea salt.



7. MINI MOCHA Make Vanilla Cupcake batter, adding ¼ cup cooled brewed espresso with the milk. (The batter may look curdled.) Divide among 36 lined mini-muffin cups; bake 15 minutes. Make Chocolate Frosting, adding 1 tablespoon instant espresso powder to the food processor. Frost the cupcakes and top with chocolate-covered espresso beans.



8. STRAWBERRIES AND CREAM Puree 1 cup strawberries. Make Vanilla Cupcakes, beating ¼ cup of the strawberry puree into the batter. For the frosting: Beat 1 cup heavy cream, ⅓ cup confectioners' sugar, the remaining strawberry puree and 1 teaspoon vanilla with a mixer until stiff peaks form. Frost the cupcakes and top with red sprinkles and sliced strawberries.



9. LEMON-RASPBERRY Make Vanilla Cupcakes, adding ½ cup seedless raspberry jam and 2 teaspoons grated lemon zest with the vanilla. Make Vanilla Frosting, replacing the milk with ¼ cup raspberry jam. Frost the cupcakes; top with 1 cup raspberries tossed with 1 tablespoon each raspberry jam and water.



10. LEMON Make Vanilla Cupcakes, adding 2 teaspoons grated lemon zest with the vanilla. Make Vanilla Frosting, then beat in ½ cup lemon curd. Frost the cupcakes and top with lemon jelly beans.



11. ORANGE-OLIVE OIL Make Vanilla Cupcakes, replacing the butter with ½ cup olive oil and adding 1 teaspoon grated orange zest with the vanilla. Make Vanilla Frosting, then beat in ⅓ cup marmalade. Frost the cupcakes; top with candied orange peel.

FOOD STYLING: CHRISTINE ALBANO.



12. MOJITO Make Vanilla Cupcakes. Simmer 2 tablespoons each lime juice and white rum with ¼ cup each mint leaves and sugar until the sugar is dissolved; let cool, then brush on the cupcakes. Make Vanilla Frosting, then beat in 1 tablespoon each white rum and grated lime zest. Frost the cupcakes and roll the edges in turbinado sugar. Top with more mint leaves.



13. COCONUT–WHITE CHOCOLATE Make Vanilla Cupcakes, replacing the milk with unsweetened coconut milk; fold ½ cup white chocolate chips into the batter and bake in nonstick liners. Make Vanilla Frosting, replacing the milk with unsweetened coconut milk. Frost the cupcakes and top with shredded coconut.



14. ALMOND-COCONUT Make Vanilla Cupcakes, using only ¾ cup sugar and adding 1 cup sweetened shredded coconut and ½ teaspoon almond extract with the vanilla. Frost with Chocolate Frosting and top with almonds.



15. CHERRY-ALMOND Make Vanilla Cupcakes, beating ⅓ cup chopped maraschino cherries and ¼ teaspoon almond extract into the batter. Make Vanilla Frosting, replacing the milk with 3 tablespoons maraschino cherry juice from the jar and ¼ teaspoon almond extract. Frost the cupcakes and top with cherries.



16. GLUTEN-FREE VANILLA Make Vanilla Cupcakes, replacing the all-purpose flour with 1 cup brown rice flour and ⅓ cup tapioca flour. Frost with Vanilla Frosting and sprinkle with sanding sugar.



17. MINI BUTTERSCOTCH CHIP Make Vanilla Cupcake batter, using only ½ teaspoon baking powder and replacing the sugar with light brown sugar; fold in ¼ cup each butterscotch chips, white chocolate chips and semisweet chocolate chips. Divide among 36 mini-muffin cups lined with nonstick liners; bake 15 minutes. Top with whipped cream and more butterscotch chips.



18. HONEY-GRAHAM Make Vanilla Cupcakes, using only ¾ cup flour and adding ¾ cup finely ground graham crackers. Make Vanilla Frosting, using only 1½ cups confectioners' sugar; beat in ⅓ cup honey. Frost the cupcakes and top with crushed graham crackers.



19. MARBLED CHEESECAKE Beat 4 ounces softened cream cheese with 1 tablespoon each unsweetened cocoa powder, sugar and milk. Make Vanilla Cupcakes, swirling the cream cheese mixture into the batter. For the glaze: Whisk 2 cups confectioners' sugar, 1 teaspoon unsweetened cocoa powder and 2 to 3 tablespoons buttermilk until smooth. Spoon over the cupcakes.



20. CHOCOLATE CHEESECAKE Combine ¾ cup ground chocolate graham crackers and 3 tablespoons melted butter; press into cupcake liners, reserving a little for topping. Make Vanilla Cupcakes in the prepared liners. Make Cream Cheese Frosting, adding ½ cup unsweetened cocoa powder with the sugar. Frost the cupcakes and top with the reserved graham cracker crumbs.



21. STUFFED COOKIES AND CREAM Roll ⅔ cup refrigerated chocolate chip cookie dough into 12 small balls. Make Vanilla Cupcakes, using only 1¼ cups flour; top each cupcake with a cookie-dough ball before baking. Make Vanilla Frosting, then beat in ⅔ cup broken chocolate sandwich cookies (about 6 cookies). Frost the cupcakes and top with more broken sandwich cookies.



22. MINI CHOCOLATE CHIP Make Vanilla Cupcake batter; fold in ½ cup mini chocolate chips. Divide among 36 mini-muffin cups lined with nonstick liners; bake 15 minutes. Frost with Vanilla Frosting and top with flaky sea salt and more mini chocolate chips.



23. TRIPLE CHOCOLATE Make Chocolate Cupcakes, folding ¾ cup white chocolate chips into the batter; bake in nonstick liners. For the glaze: Pour ½ cup hot heavy cream over 4 ounces chopped milk chocolate. Set aside 5 minutes, then whisk until smooth; let cool. Spoon over the cupcakes.



24. MALTED MILK CHOCOLATE Make Chocolate Cupcakes, adding ½ cup malted milk powder to the flour mixture; omit the salt and use only ½ cup sugar. For the frosting: Pulse 1 stick softened butter, 1½ cups confectioners' sugar, ⅓ cup malted milk powder, 4 ounces melted milk chocolate, 2 tablespoons milk and 1 teaspoon vanilla in a food processor until smooth. Frost the cupcakes; top with chopped malt balls.



25. GLUTEN-FREE CHOCOLATE Make Chocolate Cupcakes, replacing the all-purpose flour with ⅓ cup each brown rice flour, sorghum flour and tapioca flour; use 2 eggs. Frost with Chocolate Frosting.



26. CHOCOLATE-MARSHMALLOW Make Chocolate Cupcakes. For the frosting: Whisk 3 egg whites, ⅔ cup sugar and ⅛ teaspoon cream of tartar in a heatproof bowl set over a pan of simmering water until warm. Remove the bowl from the pan and beat with a mixer until stiff glossy peaks form; beat in 1 teaspoon vanilla. Frost the cupcakes and brown with a kitchen torch.



27. CANNOLI Make Chocolate Cupcakes, adding 2 tablespoons Marsala wine and ½ teaspoon almond extract with the vanilla. Make Cream Cheese Frosting, adding ⅓ cup ricotta with the cream cheese. Frost the cupcakes and top with mini chocolate chips, chopped pistachios and broken waffle cookies.



28. SNACK FOOD Make Chocolate Cupcakes, folding ½ cup each crushed potato chips and crushed chocolate-covered pretzels into the batter. Frost with Chocolate Frosting and top with more chips and chocolate-covered pretzels.



29. PASSION FRUIT Make Chocolate Cupcakes. Make Vanilla Frosting, replacing the milk with ¼ cup thawed frozen passion fruit pulp; tint with yellow food coloring. Frost the cupcakes and top with yellow sanding sugar.



30. PIÑA COLADA Make Chocolate Cupcakes, adding ¼ cup rum with the vanilla. Brush the cooled cupcakes with pineapple preserves. For the frosting: Beat one 5.4-ounce can (about ½ cup) unsweetened coconut cream, 1 cup heavy cream and ½ cup confectioners' sugar with a mixer until soft peaks form. Frost the cupcakes and top with toasted coconut flakes and chopped pineapple.



31. ROOT BEER FLOAT Make Chocolate Cupcakes, using only ¼ cup milk; heat ½ cup root beer with the milk. Make Vanilla Frosting, adding 2 tablespoons root beer with the vanilla. Frost the cupcakes and top with root beer candies.



32. IRISH STOUT Make Chocolate Cupcakes, using only ¼ cup milk; heat ½ cup stout beer with the milk. Make Vanilla Frosting, then beat in 2 tablespoons Irish whiskey. Frost the cupcakes and top with shaved chocolate.



33. MEXICAN HOT CHOCOLATE Make Chocolate Cupcakes, adding ¼ cup almond flour, 1 teaspoon cinnamon and a pinch of cayenne with the flour. Make Cream Cheese Frosting, using only 1 cup confectioners' sugar; add ½ cup brown sugar. Frost the cupcakes and top with cinnamon and grated chocolate.



34. CHIPOTLE-BACON Make Chocolate Cupcakes, beating 4 chopped cooked bacon slices and ½ teaspoon chipotle chile powder into the batter. Make Cream Cheese Frosting, adding ½ teaspoon chipotle chile powder with the vanilla. Frost the cupcakes and top with more chopped cooked bacon.



35. CHOCOLATE-HAZELNUT Make Chocolate Cupcakes, adding ¼ cup finely ground toasted hazelnuts with the flour. For the frosting: Beat 1 stick softened butter, 1 cup confectioners' sugar, ½ cup chocolate-hazelnut spread and 2 tablespoons milk until creamy. Frost the cupcakes and top with chopped hazelnuts.



36. CHOCOLATE-PEANUT BUTTER Make Chocolate Cupcakes, folding 1 cup peanut butter chips into the batter; bake in nonstick liners. Make Chocolate Frosting, replacing the cocoa powder with creamy peanut butter. Frost the cupcakes and top with more peanut butter chips.



37. PB&J Make Chocolate Cupcakes; brush with jelly. Make Vanilla Frosting, adding ¾ cup peanut butter with the butter. Frost the cupcakes; pipe jelly on top.



38. PEANUT BUTTER-BANANA Make Spice Cupcakes, using only ¼ cup sour cream and adding ½ cup mashed bananas with the sour cream. Make Vanilla Frosting, adding ¼ cup creamy peanut butter with the butter. Frost the cupcakes and top with banana chips.



39. CARROT CAKE Make Spice Cupcakes, omitting the allspice and replacing the light brown sugar with dark brown sugar; stir 1¼ cups grated carrots and ¼ cup golden raisins into the batter. Make Cream Cheese Frosting; divide between 2 bowls and tint one orange with food coloring. Spoon some of each frosting on the cupcakes and swirl.



40. APPLE SPICE Make Spice Cupcakes, adding 1 grated peeled green apple to the butter mixture. Make Vanilla Frosting, adding ½ teaspoon apple pie spice with the vanilla. Frost the cupcakes and top with more pie spice and apple chips.



41. PUMPKIN SPICE Make Spice Cupcakes, replacing the spices with 1 teaspoon pumpkin pie spice and the sour cream with pumpkin puree. Make Cream Cheese Frosting, then beat in 2 tablespoons pumpkin puree. Frost the cupcakes and top with more pie spice.



42. CINNAMON DULCE DE LECHE Make Spice Cupcakes, using 1 teaspoon cinnamon and omitting the ginger and allspice. Make Cream Cheese Frosting, replacing the confectioners' sugar with 1 cup dulce de leche. Frost the cupcakes and top with a spoonful of dulce de leche.



43. GINGER-MOLASSES Make Spice Cupcakes, using ½ teaspoon ground ginger and replacing the brown sugar with ⅓ cup molasses. Make Cream Cheese Frosting, adding ½ teaspoon grated fresh ginger with the butter. Frost the cupcakes and top with crystallized ginger.



44. MAPLE-WALNUT Make Spice Cupcakes, adding ½ cup finely chopped walnuts and ½ teaspoon maple extract to the butter mixture. Make Cream Cheese Frosting, adding 2 tablespoons maple syrup with the vanilla. Frost the cupcakes and top with candied walnuts.



45. COOKIE BUTTER Make Spice Cupcakes, omitting the ginger and allspice and adding ⅓ cup mini chocolate chips to the flour mixture; replace the sour cream with cookie butter (speculoos) and bake in nonstick liners, 20 to 23 minutes. Frost with Chocolate Frosting and top with chocolate sprinkles.



46. BROWN BUTTER–VANILLA Melt 10 tablespoons butter in a skillet over medium heat and cook until browned, about 5 minutes. Make Spice Cupcakes, replacing the allspice with nutmeg and using the browned butter instead of the regular butter; use 2 teaspoons vanilla and bake about 16 minutes. Make Vanilla Frosting, beating the seeds from 1 split vanilla bean with the butter. Frost the cupcakes.



47. HUMMINGBIRD Make Spice Cupcakes, using 1 teaspoon cinnamon and omitting the ginger and allspice; fold ⅓ cup each chopped pecans, bananas and dried pineapple into the batter. Frost with Cream Cheese Frosting and top with more pecans and dried pineapple.



48. LAVENDER–EARL GREY Melt 10 tablespoons butter with ¼ cup loose Earl Grey tea; steep over low heat, 5 minutes, then strain. Make Spice Cupcakes, using the tea butter instead of regular butter. For the glaze: Bring ½ cup water and 1 tablespoon dried lavender to a boil; strain. Whisk 2 to 3 tablespoons into 2 cups confectioners' sugar. Tint purple with food coloring and spoon over the cupcakes.



49. TIRAMISU Make Spice Cupcakes, replacing the spices with 1 teaspoon instant espresso powder. Brush the warm cupcakes with ¼ cup brandy. Make Cream Cheese Frosting, using only 4 ounces cream cheese; stir in ¾ cup mascarpone cheese. Frost the cupcakes and dust with cocoa powder.



50. RED VELVET Whisk 1 cup flour, 2 tablespoons unsweetened cocoa powder, ½ teaspoon each baking soda and ¼ teaspoon salt in a bowl. In a separate bowl, whisk ½ cup each vegetable oil and cold milk with 1 egg; whisk in ¾ cup sugar, 1 tablespoon each white vinegar and red food coloring, and 1 teaspoon vanilla. Whisk in the flour mixture until just combined. Divide among 12 lined muffin cups and bake 20 to 25 minutes at 350°. Frost with Cream Cheese Frosting.

BASIC CUPCAKES

1

Preheat the oven to 350˚ and line a 12-cup muffin pan with paper liners.

2

Prepare your batter.

VANILLA

Whisk 1⅓ cups flour, 1 teaspoon baking powder and ½ teaspoon salt in a bowl. Beat 1 stick softened butter in a separate bowl with a mixer on medium-high speed until smooth, 1 minute. Add 1 cup sugar and beat until creamy, 4 more minutes. Beat in 2 eggs, one at a time, then 2 teaspoons vanilla. Beat in the flour mixture in three batches on low speed, alternating with ½ cup milk total. Beat on medium-high speed until just combined.

CHOCOLATE

Whisk 1 cup flour and ½ teaspoon each baking soda and salt in a bowl. Heat ¾ cup milk until hot but not boiling; pour over ½ cup unsweetened cocoa powder in a large bowl and whisk until smooth. Let cool slightly. Whisk in 1 cup sugar, ¾ cup vegetable oil, 1 egg and 1 teaspoon vanilla until smooth. Whisk in the flour mixture until just combined.

SPICE

Whisk 1¼ cups flour, ½ teaspoon each baking powder, baking soda, salt and ground cinnamon, and ¼ teaspoon each ground ginger and allspice in a bowl. Whisk 1 stick melted butter, ½ cup each granulated sugar, light brown sugar and sour cream, 2 eggs and 1 teaspoon vanilla in a separate bowl until smooth. Whisk in the flour mixture until just combined.

3

Divide the batter among the muffin cups. Bake until the tops spring back, 20 to 25 minutes for vanilla or chocolate cupcakes, and 18 to 20 minutes for spice cupcakes. Transfer to a rack and let cool 5 minutes in the pan, then remove the cupcakes to the rack to cool completely.

4

Make your frosting, then pipe or spread on the cupcakes.

VANILLA

Beat 1½ sticks softened butter, 3 cups confectioners' sugar and a pinch of salt with a mixer on medium speed until just combined. Add 2 teaspoons vanilla and beat on medium-high speed until creamy, 3 minutes. Beat in 2 tablespoons milk until fluffy, 1 more minute.

CHOCOLATE

Pulse 1 stick softened butter, 2 cups confectioners' sugar, 4 ounces melted semisweet chocolate, 2 tablespoons each unsweetened cocoa powder and milk, and 1 teaspoon vanilla in a food processor until smooth.

CREAM CHEESE

Beat ½ stick softened butter, 6 ounces softened cream cheese, 1 teaspoon vanilla and a pinch of salt with a mixer on medium speed until creamy, 1 to 2 minutes. Gradually beat in 2 cups confectioners' sugar on medium-low speed until smooth, then beat on medium high until thick and fluffy, 1 to 2 more minutes.








Mojito
Chipotle-Bacon
Orange–Olive Oil
Blueberry-Maple
Salted Caramel–Toffee

Add a surprise filling: Fill a pastry bag with jam, lemon curd or caramel and squeeze some into the top of each cupcake after baking.



Jelly Doughnut

Bake a Better Cupcake

We made more than 1,750 cupcakes while we were working on this section! Here's what we learned....



DECORATING TIPS

- To tint frosting, use gel food coloring—it's more concentrated than liquid, so you can use less (and it won't thin your frosting).
- Spread the frosting on the cupcakes right after you mix it; it starts to harden as it sits.
- Use disposable pastry bags or zip-top bags for piping. You don't need a tip—just snip the corner.
- To make fun swirls and swoops in the frosting, use an offset spatula or the back of a spoon.

MAKE-AHEAD TIPS

- You can bake cupcakes up to 2 days ahead; arrange them (unfrosted) on a baking sheet, wrap the whole sheet with plastic wrap and store at room temperature. Frost before serving.
- To freeze, arrange unfrosted cupcakes on a baking sheet and wrap the whole sheet in plastic wrap, then in foil. Freeze up to 3 months. Thaw at room temperature before unwrapping.

BOTTOMS UP

Your cupcakes should look as good as they taste.



CUPCAKE LINERS: JEFF HARRIS/STUDIO D; STYLING: BRETT KURZWEIL

Know Your SPRINKLES

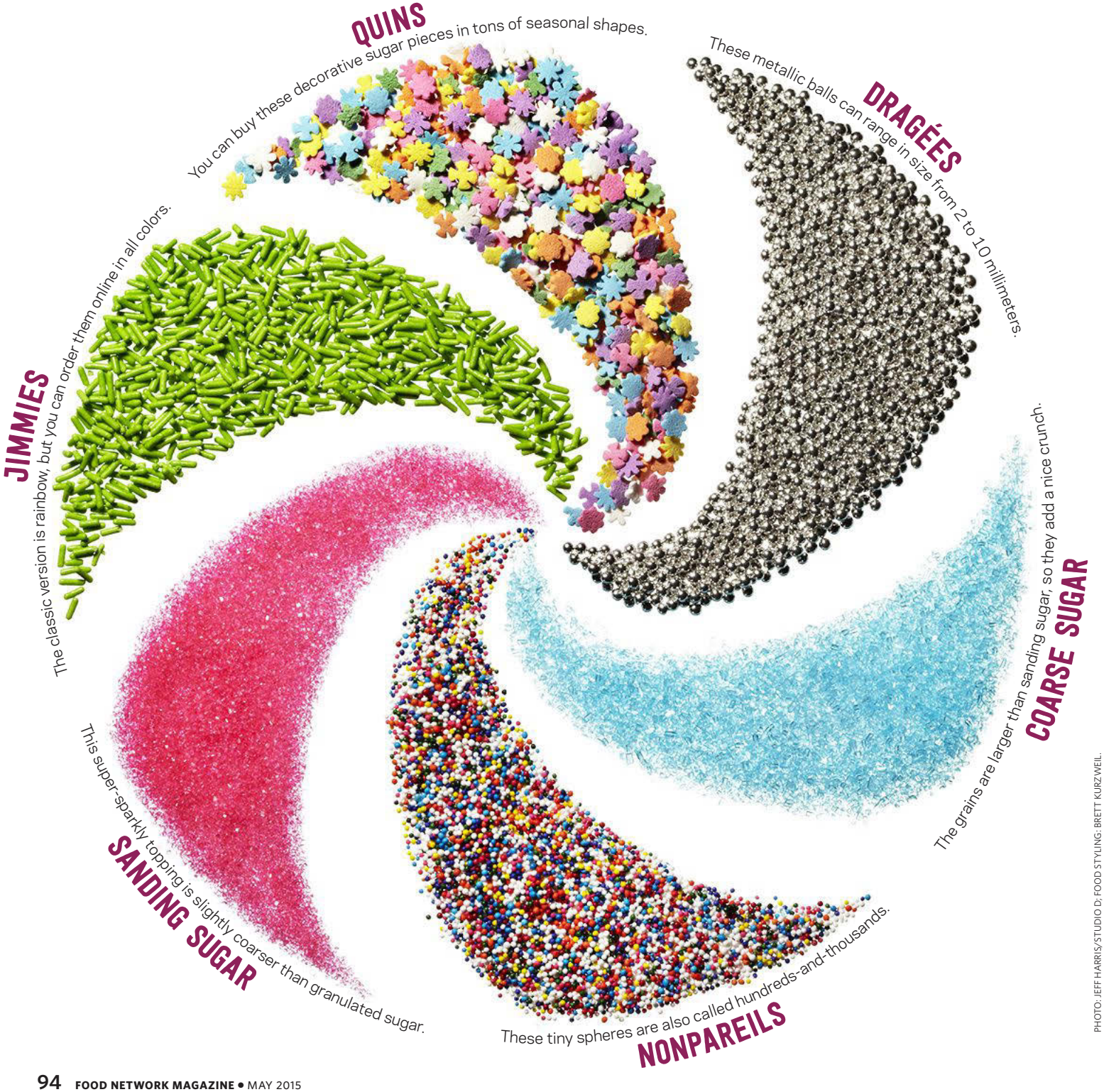


PHOTO: JEFF HARRIS/STUDIO D; FOOD STYLING: BRETT KURZWEIL.



FUN



FUN



FUN



TO EACH THEIR OWN SATISFACTION

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CAN YOU SPOT THE WINNER?

In the first episode of Food Network's *Spring Baking Championship*, eight bakers have to create a cupcake inspired by flowers. Tune in April 26 at 9 p.m. ET to see who wins!



Damiano Carrara

Rose

Italian Cupcake with Vanilla Custard, Raspberries and Cape Gooseberries



Christopher Taylor

Rose

Hummingbird Cupcake with Cream Cheese Frosting



Simone Faure

Nasturtium

Orange Cupcake with Orange Buttercream and Nonpareils



Andy Chlebana

Lavender

Lavender-White Chocolate Cupcake with Vanilla Buttercream



Kristine de la Cruz

Lavender

Ube Cupcake with Lady Grey Buttercream and Lavender



Sandy Hunter

Lavender

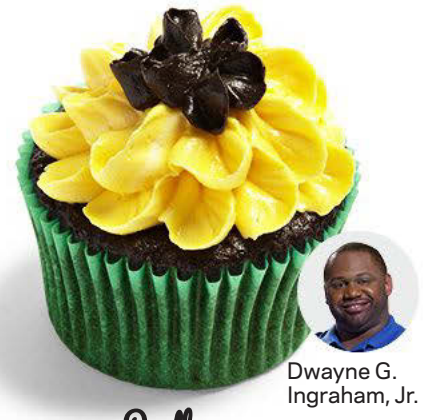
Lemon Cupcake with Lavender Mascarpone Cream



Juliana Evans

Sunflower

Chocolate Chip Cupcake with Vanilla Buttercream and M&M Ladybug



Dwayne G. Ingraham, Jr.

Sunflower

Devil's Food Cupcake with Vanilla Buttercream

ENTER YOUR OWN!

Send us your flower-themed cupcake recipe and you could win $500! Go to foodnetwork.com/cupcakechallenge

CUPCAKES: JEFF HARRIS/STUDIO D; FOOD STYLING: JASON SCHREIBER.

NO PURCHASE NECESSARY TO ENTER OR WIN. Cupcake Challenge is sponsored by Hearst Communications, Inc. Beginning April 14, 2015, at 12:01 a.m. ET through May 26, 2015, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/cupcakechallenge on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address, your original cupcake recipe and a photo of your cupcake. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/cupcakechallenge.

MY McCafé COFFEE JOURNAL



We went to LATIN AMERICA to go on a coffee tour.



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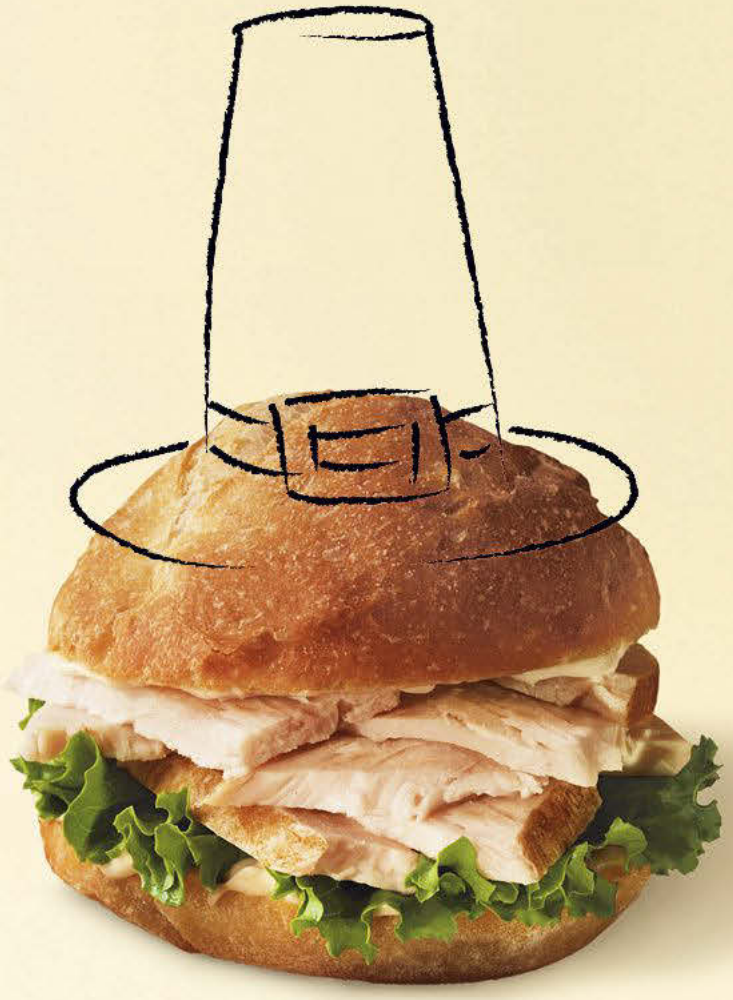


The BEST thing about our coffee adventure? Finding out we can now BREW McCAFÉ AT HOME!

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Party Time

Make Cinco de Mayo **fruit skewers.** Then, keep the party going with jalapeño poppers and guacamole.

PHOTOGRAPH BY **RALPH SMITH**



Stick to It

Serve tequila in a new way for Cinco de Mayo: Infuse some pineapple! Place chunks of fresh pineapple in a small baking dish and add enough tequila to cover them halfway; infuse 1 hour in the refrigerator. When ready to serve, drain the pineapple (save the leftover tequila for cocktails) and dip the pieces in a mixture of kosher salt, chili powder and grated lime zest. Thread onto wooden skewers and top each with a lime wedge.

FOOD STYLING: BRETT KURZWEIL

POPPERS!

These super-stuffed jalapeños will make any fiesta more fun.

PHOTOGRAPHS BY **CHRISTOPHER TESTANI**



BACON-WRAPPED JALAPEÑO POPPERS

ACTIVE: 15 min | TOTAL: 40 min | MAKES: 24

- 5 ounces smoked cheddar cheese
- 12 medium jalapeño peppers, halved lengthwise and seeded (stems intact)
- 12 strips bacon, halved crosswise

1. Preheat the oven to 400° and set a wire rack on a rimmed baking sheet. Cut the cheddar into 24 small sticks that will fit inside the jalapeños. Stuff 1 cheese stick into each jalapeño half.

2. Wrap the bacon tightly around the jalapeños, slightly overlapping. Arrange 1 inch apart on the rack, cheese-side up. Bake until the bacon is crisp, about 25 minutes.

You can make these poppers up to 2 hours ahead and keep at room temperature. Reheat at 350° until hot, about 20 minutes.



SOUR CREAM–AND-ONION JALAPEÑO POPPERS

ACTIVE: 25 min | TOTAL: 50 min | MAKES: 24

- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- Kosher salt and freshly ground pepper
- ½ cup sour cream
- 1 5-ounce package garlic-and-herb cheese spread (such as Boursin), at room temperature
- 1½ cups shredded mozzarella cheese (about 6 ounces)
- 2 tablespoons chopped fresh chives
- ½ teaspoon onion powder
- 12 medium jalapeño peppers, halved lengthwise and seeded (stems intact)
- 8 cups sour cream–and-onion potato chips (about 7 ounces)
- Cooking spray
- 1 cup all-purpose flour
- 3 large eggs
- 1½ teaspoons paprika

1. Preheat the oven to 400°. Heat the vegetable oil in a medium skillet over medium-high heat. Add the onion and season with salt and pepper; cook, stirring occasionally, until softened and golden, 8 to 10 minutes. Transfer the onion to a bowl and add the sour cream, cheese spread, mozzarella, chives, onion powder and ½ teaspoon pepper. Stir to combine; season with salt.

2. Spread about 1 tablespoon cheese mixture in each jalapeño half. Put the potato chips in a large resealable plastic bag and crush with a rolling pin to make coarse crumbs.

3. Line a rimmed baking sheet with foil and coat with cooking spray. Whisk the flour and ¼ teaspoon salt in a shallow bowl. Whisk the eggs in another shallow bowl. Combine the crushed chips with the paprika in a third bowl. Dredge each stuffed jalapeño in the flour, turning to coat, then dip in the egg mixture and coat with the potato chips, pressing to adhere. Transfer to the prepared baking sheet, filling-side up, and bake until golden brown, 25 to 30 minutes.

FOOD STYLING: ANNE DISRUDE; PROP STYLING: CARLA GONZALEZ-HART.



SHRIMP-STUFFED JALAPEÑO POPPERS

ACTIVE: 45 min | TOTAL: 45 min | MAKES: 12

- 12 medium jalapeño peppers
- 12 large shrimp, peeled and deveined, tails intact
- Kosher salt
- 1½ cups all-purpose flour
- ¾ cup cornstarch
- 1 teaspoon Old Bay Seasoning
- 1 cup lager-style beer
- Vegetable oil, for frying
- Malt vinegar, for serving

1. Cut off the tops of the jalapeños and scoop out the seeds. Pat the shrimp dry and generously season with salt. Insert 1 shrimp into each jalapeño, leaving the tail sticking out.
2. Whisk ¾ cup flour, the cornstarch, Old Bay and beer in a medium bowl until smooth; set aside. Heat 2 inches of vegetable oil in a large pot or Dutch oven over medium heat until a deep-fry thermometer registers 350°. Whisk the remaining ¾ cup flour and ½ teaspoon salt in a shallow bowl.
3. Working in batches, dredge the jalapeños in the flour, shaking off any excess, then dip in the beer batter, coating the shrimp and jalapeño completely. Fry, stirring occasionally, until the shrimp are cooked through and the jalapeños are golden and crisp, about 5 minutes. Remove with a slotted spoon and drain on paper towels; season with salt. Serve with malt vinegar.


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GUAC ★STARS★

Food Network chefs give us some great new guacamole ideas—just in time for Cinco de Mayo.

PHOTOGRAPHS BY **RYAN LIEBE**



MARCELA VALLADOLID'S GUACAMOLE TRADICIONAL

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 6

- 4 firm ripe avocados, halved, pitted and peeled
- ½ small white onion, minced
- 3 tablespoons chopped fresh cilantro
- Juice of 1 lime
- Kosher salt and freshly ground pepper

Coarsely mash the avocados in a medium bowl. Lightly mix in the onion, cilantro and lime juice. Season the guacamole liberally with salt and pepper.



"This is one of my favorite things to snack on!"

BOBBY FLAY'S CHARRED CORN GUACAMOLE

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4 to 6

- 4 ears of corn
- Kosher salt
- ¼ cup canola oil
- Freshly ground pepper
- 3 ripe avocados, peeled, pitted and diced
- 2 serrano chile peppers, seeded and finely diced
- 1 small red onion, finely diced
- Juice of 2 limes
- ¼ cup chopped fresh cilantro

1. Heat a grill to medium. Pull down the husks of the corn and remove the silk from each ear. Fold the husks back into place and tie the ends together with kitchen string. Soak in a large bowl of cold water with 1 tablespoon salt, 10 minutes.
2. Remove the corn from the water and shake off the excess. Place on the grill, close the cover and grill, turning, until the kernels are tender, about 12 minutes. Remove from the grill and let cool slightly, then remove the husks; brush the corn with 2 tablespoons canola oil and season with salt and pepper. Increase the grill heat to high; return the corn to the grill and cook, turning, until charred, about 5 minutes. Let cool slightly, then cut off the kernels: Stand the corn upright on its stem end and cut down the side of the cob with a sharp paring knife.
3. Place the avocados in a medium bowl and mash slightly with a fork. Add the corn kernels, serrano chiles, red onion, lime juice, the remaining 2 tablespoons canola oil, the cilantro, and salt and pepper to taste; gently stir to combine.



To keep guacamole from browning, press plastic wrap directly onto the surface and refrigerate until serving.



"The charred corn adds a nice little crunch to the guacamole."

FOOD STYLING: REBECCA JURKEVICH; PROP STYLING: KIRA CORBIN.



"This guacamole is bumped up 10 levels by the sweet fresh mango."

JEFF MAURO'S CHUNKY MANGO GUACAMOLE

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 4 to 6

- 3 ripe avocados, halved and pitted
- Kosher salt and freshly cracked pepper
- Juice of 2 to 3 limes
- ¼ cup fresh cilantro, minced
- 2 tablespoons minced red onion
- 1 clove garlic, grated
- 1 ripe mango, peeled and diced
- ½ to 1 small habanero chile pepper (ribs and seeds removed), minced
- ¼ red bell pepper, diced

Scoop the avocado flesh into a bowl. Mash the avocados and season with salt, pepper and the lime juice. Stir in the cilantro, red onion, garlic, mango, habanero pepper and red bell pepper. Taste and adjust the seasoning, if necessary.

TOMATILLO GUACAMOLE RECIPE FROM *KITCHEN CONFIDENCE: ESSENTIAL RECIPES AND TIPS THAT WILL HELP YOU COOK ANYTHING.* COPYRIGHT © 2014 BY KELSEY NIXON. PUBLISHED BY CLARKSON POTTER, AN IMPRINT OF RANDOM HOUSE, LLC.

KELSEY NIXON'S TOMATILLO GUACAMOLE

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 4 to 6

- 8 ounces tomatillos (about 4), husked, rinsed and coarsely chopped
- ¾ cup coarsely chopped fresh cilantro
- 1 ripe avocado, halved, pitted, peeled and diced
- ½ onion, coarsely chopped
- ½ jalapeño pepper, coarsely chopped (with seeds)
- 2 cloves garlic, smashed and quartered
- Juice of 1 lime
- 1 teaspoon ground cumin
- Kosher salt

Combine the tomatillos, cilantro, avocado, onion, jalapeño, garlic, lime juice, cumin and 1 teaspoon salt in a food processor or blender and pulse until combined.



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A Splash OF COLOR

Start your next party with a round of vibrant cocktails.

PHOTOGRAPHS BY **RYAN LIEBE**



FROZEN HIBISCUS MARGARITAS

ACTIVE: 20 min | TOTAL: 2 hr | SERVES: 8

- 1 cup sugar
- ½ cup dried hibiscus flowers
- 1½ cups silver tequila
- ¾ cup triple sec
- ¾ cup fresh lime juice (from about 8 limes), plus wedges for garnish
- Kosher salt

1. Combine the sugar, hibiscus and 1 cup water in a small saucepan. Bring to a boil, reduce the heat to medium and cook, stirring occasionally, until the sugar is dissolved. Transfer to a small bowl and refrigerate until cold, at least 1 hour.
2. Combine the tequila, triple sec and lime juice in a pitcher. Strain the hibiscus syrup into the pitcher; stir until incorporated. Chill 30 more minutes.
3. Spread some salt on a shallow dish. Moisten the rims of 8 glasses with a lime wedge and dip in the salt. Combine half of the tequila mixture with 4 cups ice in a blender and blend until slushy. Transfer to a separate pitcher; repeat with the remaining tequila mixture and 4 more cups ice. Serve in the prepared glasses; garnish with lime wedges.

FOOD STYLING: REBECCA JURKEVICH; PROP STYLING: KIRA CORBIN.

PINEAPPLE CAIPIRINHAS

ACTIVE: 20 min | TOTAL: 50 min | SERVES: 6 to 8

- ⅔ cup sugar
- 12 mint leaves, torn, plus sprigs for garnish
- 1 fresh pineapple, peeled, cored and cut into small chunks (about 4 cups)
- 1¼ cups cachaça

1. Combine the sugar, mint leaves and 3 cups pineapple chunks in a pitcher. Muddle with a wooden spoon until the sugar is dissolved and the pineapple is crushed. Stir in the remaining pineapple and the cachaça and refrigerate until cold, at least 30 minutes or up to 4 hours.
2. Add 6 cups ice to the pitcher and stir vigorously. Divide among glasses and garnish with mint sprigs.



SPARKLING PINK LEMONADE

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 6

- 1 tablespoon pink peppercorns
- 2 teaspoons sugar
- 1 teaspoon finely grated lemon zest
- 2¼ cups pink lemonade, chilled
- ¾ cup gin
- 1 750-ml bottle sparkling rosé, chilled

1. Combine the peppercorns, sugar and lemon zest in a shallow bowl. Smash with the back of a wooden spoon until the peppercorns are crushed. Moisten the rims of 6 glasses with a little lemonade, then dip in the peppercorn mixture.
2. Combine the lemonade, gin and sparkling rosé in a pitcher. Fill the prepared glasses with ice, then add the cocktail.

MELON-CUCUMBER COOLERS

ACTIVE: 15 min | TOTAL: 45 min | SERVES: 6

- ¼ honeydew melon, peeled, seeded and chopped (about 2 cups)
- ½ seedless cucumber, chopped, plus spears for garnish
- ¼ cup sugar
- 2 tablespoons fresh lemon juice
- 1 cup vodka
- ¼ cup green melon liqueur (such as Midori)

1. Combine the melon, cucumber, sugar, lemon juice and 1 cup water in a blender and puree until smooth. Strain through a fine-mesh sieve into a pitcher, using a ladle to push the mixture through.
2. Add the vodka and liqueur to the pitcher and stir to combine. Refrigerate until cold, at least 30 minutes or up to 4 hours. Divide among ice-filled glasses; garnish with cucumber spears.

MANGO-CHILE SUNRISE

ACTIVE: 15 min | TOTAL: 1 hr 15 min | SERVES: 4 to 6

- ½ cup sugar
- 3 red Thai bird or Fresno chile peppers, roughly chopped, plus halved chiles for garnish
- 1 cup white rum
- 1 cup mango nectar, chilled
- ¼ cup yuzu juice, chilled
- ½ teaspoon grenadine
- Seltzer, for serving

1. Combine the sugar, chopped chiles and ½ cup water in a small saucepan. Bring to a boil, reduce the heat to medium and cook, stirring occasionally, until the sugar is dissolved. Transfer to a small bowl and refrigerate until cold, at least 1 hour.
2. Combine the rum, mango nectar and yuzu juice in a pitcher. Strain the chile syrup into the pitcher; stir until incorporated. Divide among ice-filled glasses. Add a few drops of grenadine to each drink and top with a splash of seltzer. Garnish with a halved chile.




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LIVING FOR Summer

No one is more excited about the start of beach season than Katie Lee: It's party time!

When you live near the beach

like Katie Lee does, you spend half of the year counting the days until summer. "Everybody in the Hamptons hibernates all winter," Katie says. When Memorial Day finally rolls around, she throws the doors open and invites friends over almost every weekend, mainly because she loves entertaining, but also because hosting her own party is actually easier than going out. "I don't want to fight the summertime crowds and traffic!" she says. She has an arsenal of recipes for casual get-togethers, and she has put her favorites into the new *Endless Summer Cookbook*. Here are a few you have to try....

LOBSTER REUBENS

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

FOR THE SLAW

- 1 cup very thinly shredded Savoy or white cabbage
- 1 tablespoon rice vinegar
- ½ teaspoon sugar
- Salt and freshly ground pepper
- ⅛ teaspoon celery seeds

FOR THE SANDWICHES

- ¼ cup mayonnaise
- 2 teaspoons ketchup
- 2 teaspoons sweet pickle relish, well drained
- ¼ teaspoon paprika
- 1 pound cooked lobster meat, coarsely chopped
- 8 slices rye or marbled rye sandwich bread
- 8 thick slices Swiss cheese
- 3 tablespoons unsalted butter, at room temperature

1. Make the slaw: Put the cabbage in a small bowl. Sprinkle the vinegar, sugar, salt and pepper to taste, and the celery seeds over the top and toss well. Let stand, tossing frequently, until the cabbage wilts, about 20 minutes.

2. Make the sandwiches: In a small bowl, stir together the mayonnaise, ketchup, relish and paprika. Add half of the dressing to the lobster meat and toss well to combine. Arrange the bread slices on a work surface and spread a little of the remaining dressing on each slice. Put a slice of cheese on each piece of bread; divide the lobster meat among 4 of the slices, then top each with one-quarter of the slaw. Invert the remaining cheese-covered bread slices onto each sandwich. Spread ½ tablespoon butter on the top of each sandwich.

3. Melt the remaining 1 tablespoon butter in a large nonstick skillet over medium heat and swirl the pan to coat it. Arrange the sandwiches, butter-side up, in the pan and cook until the bottoms are golden, about 5 minutes. Carefully flip the sandwiches and cook until the other sides are golden brown and the cheese is melted, about 5 more minutes. Remove the sandwiches from the pan and let stand 1 minute before slicing on the diagonal and serving warm.



To cook your own lobster, boil two 2¼-pound lobsters in a large pot of salted water, covered, 5 minutes. Uncover, reduce the heat and simmer 8 more minutes. Drain and let cool; remove the meat.

FOOD PHOTOS: CON POULOS; FOOD STYLING: MAGGIE RUGGIERO; PROP STYLING: PAIGE HICKS. OPPOSITE PAGE: LUCY SCHAEFFER.



"This is great as a dip for crudités or smeared on a bun for your burger."

PIMIENTO GOAT CHEESE SPREAD

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 4 to 6

- 1 11-ounce log fresh goat cheese, softened
- 4 ounces smoked cheddar cheese, shredded (1 packed cup)
- ½ cup mayonnaise
- ¼ cup drained jarred pimientos, coarsely chopped
- 2 scallions, white and green parts, thinly sliced
- 1 tablespoon sweet pickle relish
- 1 teaspoon onion powder
- 1 teaspoon Tabasco sauce
- Salt and freshly ground pepper
- Halved radishes and celery sticks, for serving

1. In a medium bowl, using a wooden spoon, blend the goat cheese with the cheddar cheese, mayonnaise, pimientos, scallions, pickle relish, onion powder and Tabasco; season with salt and pepper.

2. Transfer the spread to a bowl and serve with radishes and celery.



SPINACH SALAD WITH PICKLED STRAWBERRIES AND POPPY SEED DRESSING

ACTIVE: 25 min | TOTAL: 45 min | SERVES: 4 to 6

FOR THE DRESSING

- ⅔ cup canola oil
- ⅓ cup apple cider vinegar
- 3 tablespoons honey
- 2 tablespoons dijon mustard
- 1 large egg
- Salt and freshly ground pepper
- 2 tablespoons poppy seeds

FOR THE SALAD

- 1 cup sliced strawberries
- ½ cup red wine vinegar
- 1 bay leaf
- 1 tablespoon sugar
- Salt and freshly ground pepper
- 10 ounces spinach
- ½ red onion, thinly sliced
- 1 cup thinly sliced white button mushrooms

1. Make the dressing: Put the oil, vinegar, honey, mustard, egg, ½ teaspoon salt and ¼ teaspoon pepper in a blender and blend until smooth. Stir in the poppy seeds. Refrigerate until ready to serve.

2. Make the salad: Put the strawberries in a nonreactive heatproof bowl. In a small saucepan over medium heat, combine the vinegar, ½ cup water, the bay leaf, sugar, 1 teaspoon salt and ¼ teaspoon pepper. Bring to a low boil and allow the sugar to dissolve. Pour over the strawberries and let stand about 20 minutes. Remove the bay leaf and drain the strawberries, discarding the liquid.

3. In a large salad bowl, combine the spinach, red onion, mushrooms and pickled strawberries. Pour the dressing over the salad, toss well and serve immediately.



CAMPARI-CITRUS ICE POPS

ACTIVE: 10 min
TOTAL: 20 min (plus 8-hr freezing)
MAKES: about 16 ice pops

⅔ cup sugar
3 cups fresh orange juice
1 cup Campari
Juice of 1 lemon

1. Make the simple syrup: Combine the sugar and ⅔ cup water in a saucepan and bring to a boil. Remove from the heat and stir to dissolve the sugar. Let cool.
2. In a pitcher, combine the simple syrup, orange juice, Campari and lemon juice. Pour the mixture into ice pop molds, add wooden sticks and freeze until firm, at least 8 hours.

Find these recipes and more in Katie's *Endless Summer Cookbook* ($30, Stewart, Tabori & Chang).

RECIPES FROM *ENDLESS SUMMER COOKBOOK*. COPYRIGHT © 2015 BY KATIE LEE. PUBLISHED BY STEWART, TABORI & CHANG, AN IMPRINT OF ABRAMS.

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31  *Old-School Comfort Food* Cookbook						



GRAND PRIZE

Win a Picnic Pack filled with all Food Network Magazine prizes from the calendar plus a few extra goodies needed for the perfect picnic!

NO PURCHASE NECESSARY TO ENTER OR WIN. May Calendar Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning May 1, 2015, at 12:01 AM (ET) through May 31, 2015, at 11:59 PM (ET), go to www.foodnetmag.com on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Entries for that day's prize must be received by 11:59 PM (ET). The next day's daily Sweepstakes begins at 12:01 AM (ET). Each daily Sweepstakes is a separate drawing and must be entered separately. Multiple entries for a single daily Sweepstakes will be disqualified. An entrant can win no more than one prize for all days of the Sweepstakes. Odds of winning will depend upon the total number of eligible entries received for each daily Sweepstakes. Daily prizes range from an ARV of $10.00 - ARV of $500.00 Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 18 years of age or older at time of entry and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at www.foodnetmag.com.

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On the Road

Send a **coconut** from Hawaii. Then, find five perfect ways to spend a summer day.

PHOTOGRAPHS BY **JON PATERSON**

SUMMER TRAVEL SPECIAL!

Hoolehua, Molokai, HI



Nut Case

Most travelers say "Wish you were here" with a postcard. In Molokai, HI, people say it with a coconut. The Hoolehua Post Office *(69-2 Puupeelua Ave., Hoolehua, HI 96729)* has been sending the stamped fruit through its Post-a-Nut program for years, but last year's visitors really went nuts: They mailed 3,500 coconuts—the most ever—around the world. Postmaster Gary Lam told us that some even sent the coconuts as wedding invitations. Here's hoping their guest list was short: Shipping is $15.

a tripadvisor traveler review

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Flamenco Beach, Culebra

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Madrona Manor

HEALDSBURG, CA

You can't really help but eat (and drink) locally in Healdsburg: The area is home to more than 100 wineries and tasting rooms, plus about 250 farms that supply some of California's best produce to nearby restaurants. If you stay any longer than a day, you might want to move here.

EAT

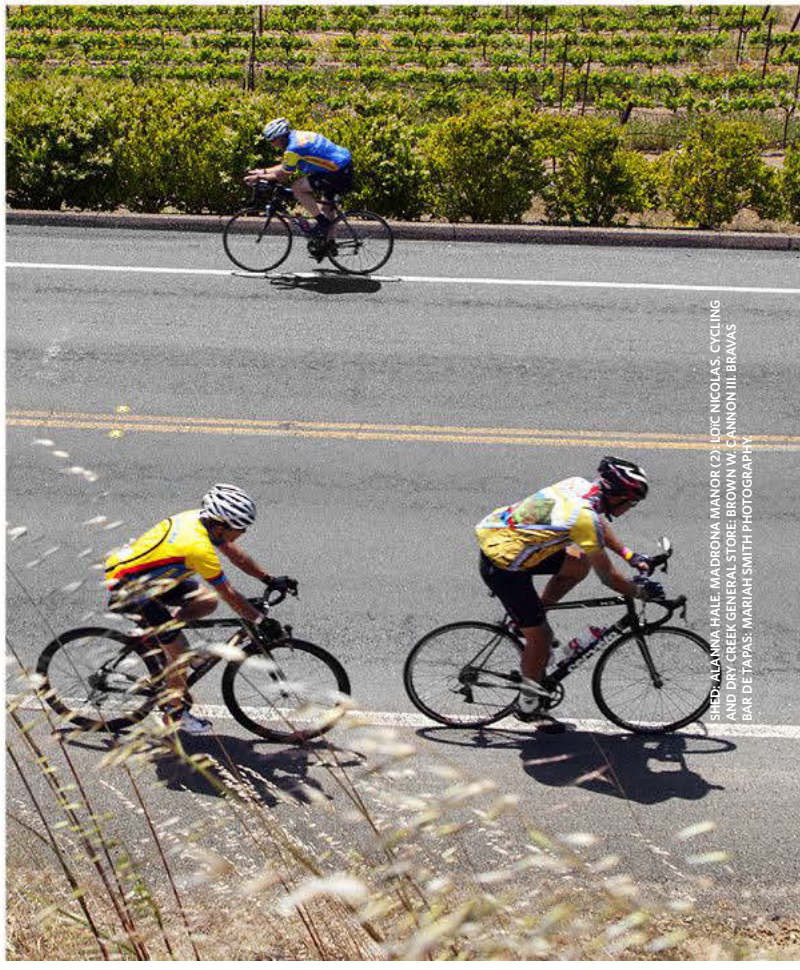
Shed *(25 North St.)* is a café by day—serving kombucha on tap—and a farmers' hangout by night. Locals also love **Bravas Bar de Tapas** *(420 Center St.)* for small plates and California specialties, like Monterey calamari.

RIDE

Rent a bike at **Spoke Folk Cyclery** *(201 Center St.)* and take a self-guided tour through Healdsburg's farms and vineyards. Plan a stop for food at **Dry Creek General Store** *(3495 Dry Creek Rd.)* and have a picnic right on the grounds.

STAY

Take a walk through the gardens at **Madrona Manor** *(1001 Westside Rd.)*. It's where the innkeepers grow their produce, and you can grab a taste of whatever's ready for picking.



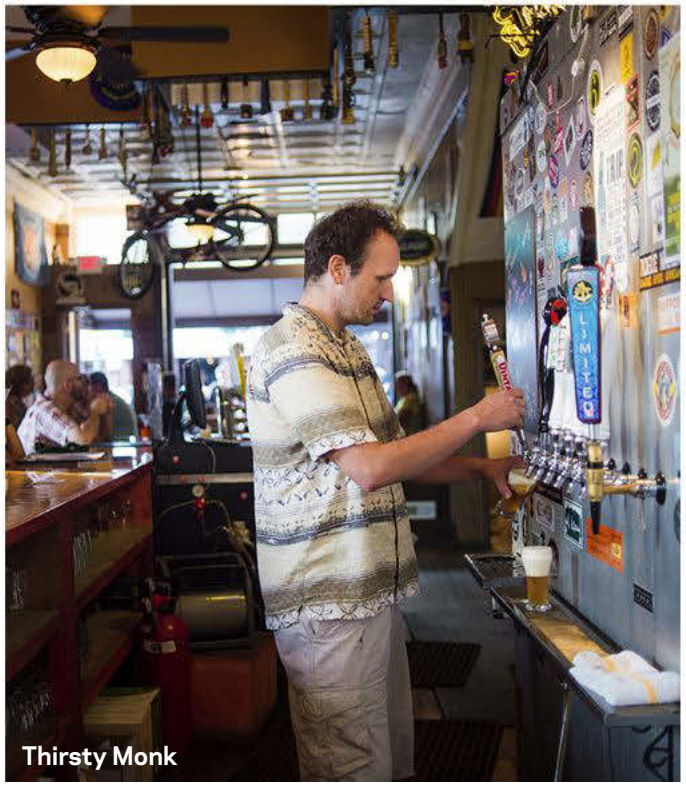
SHED: ALANNA HALE. MADRONA MANOR (2): LOIC NICOLAS. CYCLING AND DRY CREEK GENERAL STORE: BROWN W. CANNON III. BRAVAS BAR DE TAPAS: MARIAH SMITH PHOTOGRAPHY



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12 Bones Smokehouse


The Inn on Biltmore Estate


Thirsty Monk

ASHEVILLE, NC

You can thank *The Hunger Games* for Asheville's recent popularity: The first movie was shot here and in the nearby Blue Ridge Mountains in 2011, and fans have been flocking to the cast's favorite haunts ever since.

EAT

Josh Hutcherson and Woody Harrelson used to hit **Early Girl Eatery** *(8 Wall St.)* for breakfast (Josh liked the biscuits with herb cream gravy). Barbecue spot **12 Bones Smokehouse** *(5 Riverside Dr.)* in the River Arts District draws its share of VIPs, too: President Obama has been by twice.

DRINK

Asheville has the most breweries per capita in the U.S. Grab a pint at local favorite **Thirsty Monk** *(92 Patton Ave.)* or at **Wicked Weed Brewing** *(91 Biltmore Ave.)*, where the home brew is stored in wooden barrels.

STAY

One night at **The Inn on Biltmore Estate** *(1 Lodge St.)* is worth the splurge (rooms start at $475): It's the only lodging available on George Vanderbilt's 8,000-acre estate.



Early Girl Eatery



12 BONES SMOKEHOUSE AND EARLY GIRL EATERY (2): JEN ALTMAN. THE INN ON BILTMORE ESTATE: FETE PHOTOGRAPHY. THIRSTY MONK: MIKE BELLEME.



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THE YEAR OF ALABAMA BBQ

Your Bucket List Starts Here.

You truly haven't lived until you've tucked into a plate of real Alabama BBQ. Which is why hitting the best BBQ joints across the state should top every food-lover's bucket list. 2015 is the Year of BBQ in the great state of Alabama. To celebrate, here you'll find tips and tools to take the ultimate road trip. So round up the family and bring your appetites. In Alabama, the view is scenic, the attractions are many and the barbecue is legendary.



You may not meet your maker anytime soon, but you'll know you're in heaven when you sample the flavors, textures, sauces and slow cooking techniques of Alabama's best pit-masters. While secret recipes and custom built smokers may vary—authentic is always on the menu.

TRY THESE: BY REGION, BY RESTAURANT, BY GOSH. WHAT ARE YOU WAITING FOR?

- Smoked chicken lathered in Alabama classic white sauce
- Dry-rubbed, hickory-smoked Boston butt
- Ribs coated in a tangy red sauce served up with white bread
- Texas-style beef brisket and down-home cheese biscuit
- A signature pulled pork sandwich—infused with hickory flavor and served with chow-chow
- Pork-stuffed tater—a meat and potato lover's dream
- Pork shoulder with red sauce—pick your heat: mild, medium or hot



Get the App and Plan Your Vacation
Download the free Alabama BBQ Trail app today to discover the best Alabama BBQ in every corner of the state. Find it at AlabamaBBQ.com.







We stop for dinner in Birmingham. My little brother looks like he bathed in barbecue sauce. "You're supposed to eat it, not wear it," I tell him. My mom turns the napkin holder so I can see my reflection. Barbecue sure is messy.

ROAD TRIP No. 40



Digging into Alabama's best barbecue.

Which sauce is boss? Everyone's got their favorite. For some, nothing beats the chicken smothered in vinegar-based white sauce in North Alabama. Others swear by ribs dripping in tomato-based sauce in West Alabama, where you use white bread instead of napkins to sop up every saucy drop. Discover your own personal favorite and see why we have a national reputation as a barbecue destination on a road trip along Alabama's Barbecue Trail.





The secret's in the sauce.
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Alabama RD TRIP

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The Inn at Sweet Water Farm


Moon in the Pond Farmers' Market


Shops on Main Street



SoCo Creamery

GREAT BARRINGTON, MA

Parts of Great Barrington seem frozen in time, in the best way. You'll still find a thriving Main Street, and the region has its own currency, BerkShares, which you can use in local shops. The location in the picturesque Berkshire Mountains, just a couple hours from Boston and Providence, makes this a perfect New England summer stop.

EAT

Ask for a seat in back at **Allium** *(42/44 Railroad St.)*. You'll be able to peek into the kitchen, where Meryl Streep's former chef is at work. Then hit **SoCo Creamery** *(5 Railroad St.)* for a scoop of two top-sellers: mango sorbet and espresso cookie.

SHOP

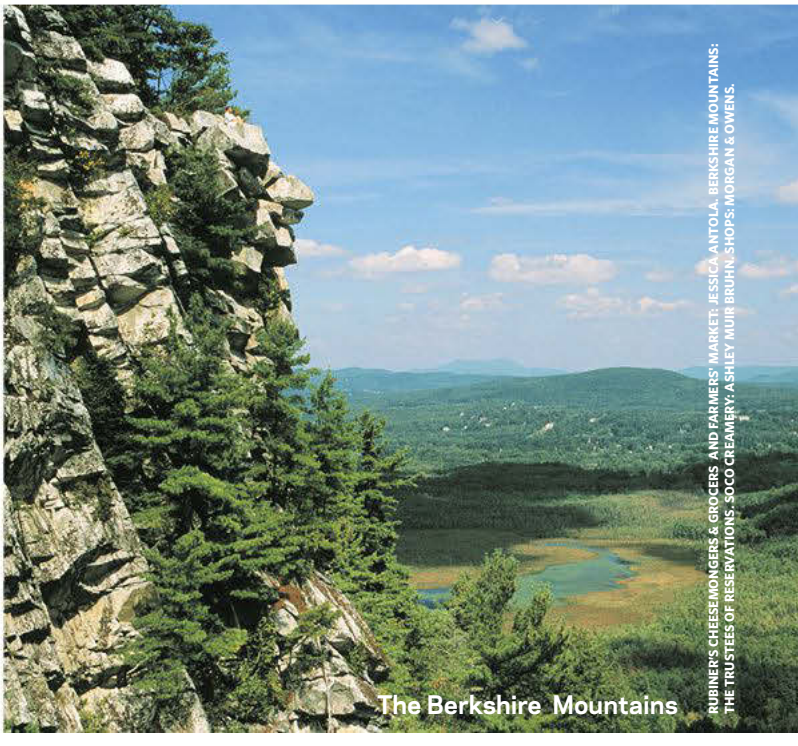
Show up on a Friday at **Rubiner's Cheesemongers & Grocers** *(264 Main St.)* and you'll find the Moon in the Pond Farmers' Market, plus 150 cheeses inside.

STAY

Breakfast is the best part of a stay at **The Inn at Sweet Water Farm** *(1 Prospect Lake Rd.)*. The cook fries eggs from the inn's own chicken coop.



Rubiner's Cheesemongers & Grocers


The Berkshire Mountains

RUBINER'S CHEESEMONGERS & GROCERS AND FARMERS' MARKET: JESSICA ANTOLA. BERKSHIRE MOUNTAINS: THE TRUSTEES OF RESERVATIONS. SOCO CREAMERY: ASHLEY MUIR BRUHN. SHOPS: MORGAN & OWENS.

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TRAVERSE CITY, MI

Traverse City has become a trendy destination lately, but the area (and its 180 miles of Lake Michigan coast) has drawn big names for ages, including Al Capone and Ernest Hemingway back in the day. Madonna's family has owned Ciccone Vineyard & Winery for 20 years, and Mario Batali returns every summer. You might catch him at the National Cherry Festival in July.

EAT
Sample the best sandwiches in town at **Pleasanton Bakery** *(811 Cottage View Dr.)* and **Frenchies Famous** *(619 Randolph St.)*. Make a reservation at **The Cooks' House** *(115 Wellington St.)*: The farm-to-table spot seats just 28.

SHOP
Take home some local cherries: **American Spoon Foods** *(230 East Front St.)* sells them in all forms.

STAY
The Beach Haus Resort *(1489 US 31 North)* sits on 200 feet of private beach, and the staff sets up lawn games every day.



American Spoon Foods



The Cooks' House



The Beach Haus Resort



Frenchies Famous



Pleasanton Bakery

AMERICAN SPOON FOODS, THE COOKS' HOUSE AND PLEASANTON BAKERY: KEVIN J. MIYAZAKI/REDUX. FRENCHIES FAMOUS: TRISH PETRAT. THE BEACH HAUS RESORT: JOSH WUERFEL.


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Red & Green Chile (Christmas) Breakfast Burrito

INGREDIENTS

1/4 cup vegetable oil
3 large russet potatoes, shredded
1/2 teaspoon salt
Fresh-ground black pepper to taste
1 medium onion, chopped
1 garlic clove, minced
2 large eggs, lightly beaten, optional
4 flour tortillas, warmed
8 slices bacon, cooked until crisp
1 1/2 to 2 cups red chile sauce, warmed*
1 1/2 to 2 cups green chile sauce, warmed*
6 to 8 ounces mild cheddar cheese, grated

DIRECTIONS

1. Preheat oven to 400.
2. Warm oil in a large heavy skillet over medium heat. Stir in potatoes, salt, and as much pepper as you wish. Pat the mixture down evenly, cook several minutes.
3. Scrape it from the bottom of the skillet, add the onion and garlic, and pat back down again. Repeat the process until the potatoes are cooked through and golden brown, with many crisp edges, about 12 to 15 minutes.
4. If you are including eggs, pour them over the potatoes and scrape the mixture up and down another couple of times to distribute and cook the eggs.
5. Spoon one-fourth of the potatoes onto a tortilla. Top it with 2 slices of bacon. Roll into a loose cylinder and place the burrito seam-side down on a heat-proof plate.
6. Spoon one-fourth of the chile sauce over the burrito, red on one side, green on the other.
7. Sprinkle generously with cheese. Repeat with the remaining ingredients.
8. Bake burritos until the cheese is melted and gooey, about 5 minutes. Serve immediately.

*For recipes for red chile, green chile, and more go to newmexico.org/recipes

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The French Press


Bois des Chênes


Johnson's Boucanière


Blue Moon Saloon

LAFAYETTE, LA

Lafayette sits in an area called Acadiana, but it's best known as Cajun Country. Locals say they cook country-style, unlike the big-city Creole cooking in New Orleans. Boudin, a white pork sausage, is on almost every menu, along with traditional dishes like jambalaya and gumbo, minus the tomatoes (that's more of a Creole thing).

EAT

The French Press *(214 East Vermilion St.)* serves twists on Southern classics, like eggs Benedict topped with gumbo. And **Johnson's Boucanière** *(1111 St. John St.)* is the place for boudin; it sells 300 pounds every week.

DANCE

If you're not eating, you should be dancing: Local musicians and Grammy nominees play at **Blue Moon Saloon** *(215 East Convent St.)*.

STAY

Two former mayors have owned the historic **Bois des Chênes** inn *(338 North Sterling St.)*. The rooms are filled with antiques, and a stay includes a big country breakfast.

THE FRENCH PRESS: TARA DONNE. BOIS DES CHÊNES: COERTE A. VOORHIES. JOHNSON'S BOUCANIÈRE: DENNY CULBERT. BLUE MOON SALOON: GWEN AUCOIN.

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The SCOOP

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Potatoes: Fresh, Delicious & Nutritious

This spring, try adding a fresh new potato type to your potato salads for a boost of color, flavor and nutrition. And don't forget the nutritional power of the potato. One medium-size (5.3 ounce) skin-on potato contains 110 calories per serving, has more potassium (620g) than a banana (450g), almost half the daily value of vitamin C (45 percent), and contains no fat, sodium or cholesterol. Visit **potatogoodness.com** for hundreds of potato recipes.



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- Sargento® Off the Block 4 Cheese Mexican
- Boneless Chicken Tenders
- Couscous
- Salsa

Visit **FoodNetwork.com/ChoppedChallenge** for contest details and recipe inspiration. To submit your recipe for a chance to win, enter the contest from 3/30/15 to 4/27/15 and be sure to vote from 5/4/15 to 5/17/14.

*Finalists will appear in a *Chopped* "Open Your Basket" vignette that will air on Food Network. Open to legal residents of the 50 United States and D.C., except Maryland and North Dakota, age 21 or older. Void in Maryland, North Dakota and where prohibited by law. The Contest begins at 10:00 a.m. ET on 2/2/15 and ends at 5:00 p.m. ET on 6/29/15 (the "Contest Period"). The Contest Period will consist of three (3) separate entry rounds, as further detailed in the Official Rules, which can be found by visiting www.foodnetwork.com/choppedchallenge. Visit the website to enter. Sponsored by Television Food Network, G.P., 75 Ninth Avenue, New York, NY 10011.

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TRENDING NOW

WEST COAST HARD CIDER



CRISPIN PACIFIC PEAR
A blend of fresh-pressed pears

TASTING NOTES
Slight woodiness with subtle stone fruit and pear skin tartness throughout

PERFECT PAIRINGS
Omelets and frittatas, sushi rolls and cheeses such as gorgonzola dolce, fontina and chèvre



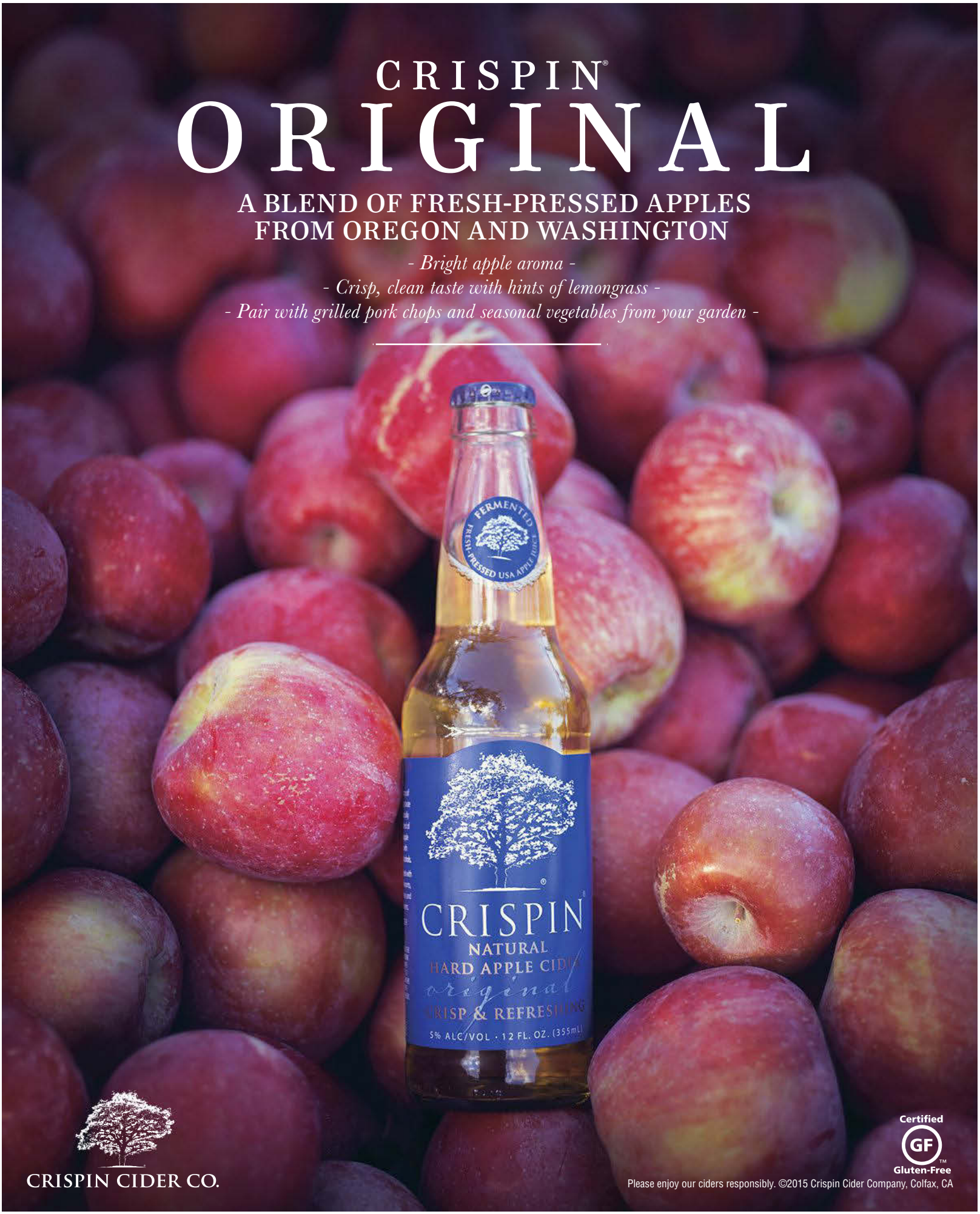
CRISPIN HONEY CRISP
A blend of fresh-pressed apples and honey

TASTING NOTES
Lemon zest acidity, tart mouthfeel and smoothing rich honey notes

PERFECT PAIRINGS
Roasted chicken, bitter greens with citrus vinaigrette and cheeses such as comté and camembert

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Sip on one of Crispin's other delicious classic ciders, like Crispin Blackberry Pear, or try one of the Artisanal Reserve™ ciders, like The Saint, for a unique spin on fresh-pressed apples and pears.

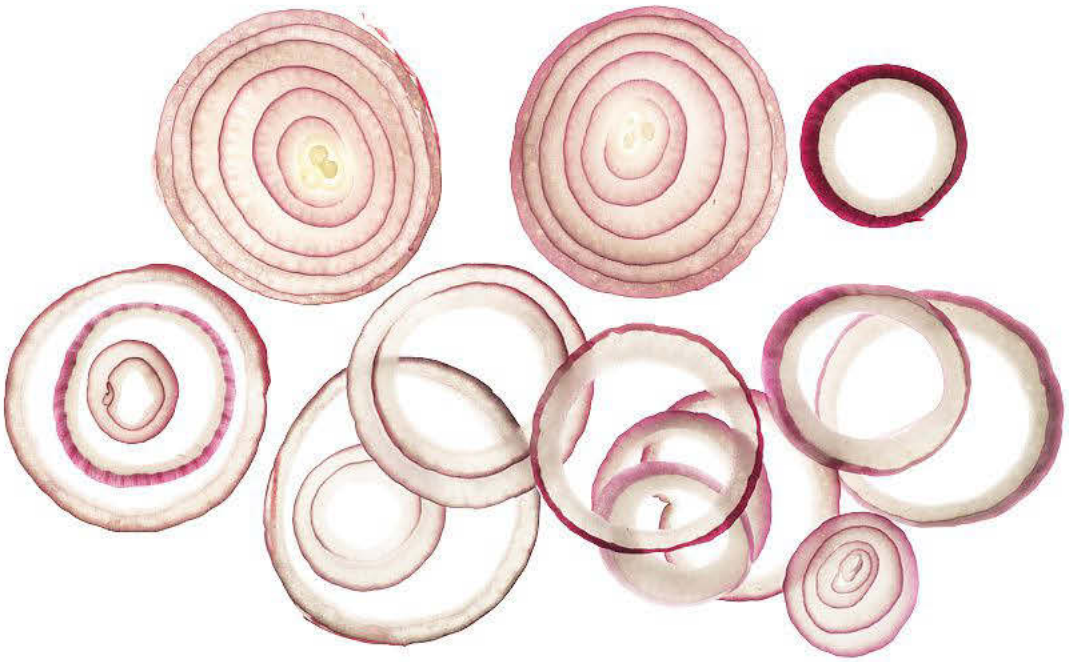
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Good Question...

Ask us anything about cooking!
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Q: My wife can't eat onions, so I usually leave them out of recipes. Is there something that I can use as a substitute?
Steven McClelland, Manitowoc, WI

A: It depends on the recipe. If you're making soup, stew or another dish with sautéed onions as the base, try swapping in chopped bell peppers, fennel or celery. These vegetables don't taste like onions, but they add a similar texture and natural sweetness, and they help build flavor in a dish. If your recipe calls for raw onions, like in a salsa or salad, just leave them out. You can always throw in some extra fresh herbs for flavor.



SPICE BLEND: JEFF HARRIS/STUDIO D; ONIONS: ALAMY.

Q: I try to avoid store-bought Mexican seasoning because of its high sodium content. What can I use instead?
Rosette Miller, Brooklyn

A: Look for sodium-free and low-sodium fajita and taco seasoning blends, or just make your own: Combine equal parts chili powder and ground cumin, then add garlic or onion powder and cayenne pepper to taste. Finish your dish with a squeeze of fresh lime juice and some cilantro and you won't miss the salt!

New!

Decadently dipped ice cream bars. (Um, you're welcome.)



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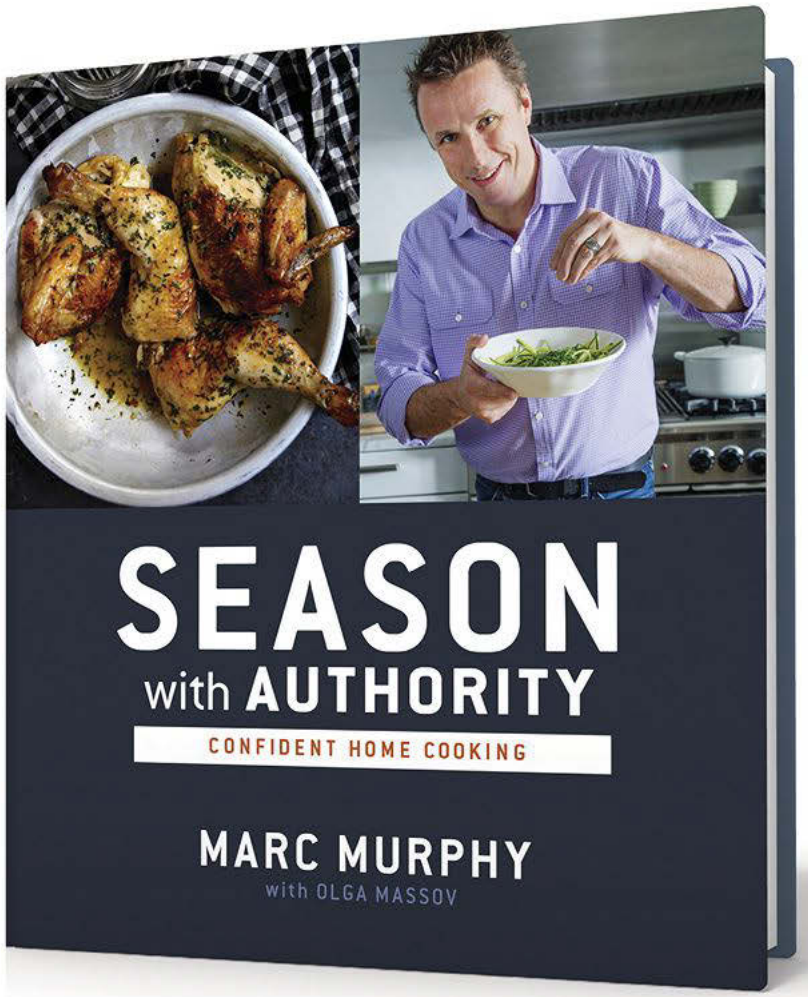
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Q: What can I do with jicama?
Bonnie Warren-Rezendes via Facebook
A: Jicama, a root vegetable from Mexico and South America, tastes like a cross between a water chestnut and a pear. It's crisp, juicy and slightly sweet, and it's best served raw. Peel off the thin brown skin, then chop the white flesh and add it to salads, slaws or a crudité platter. Or slice it into sticks, sprinkle with lime juice, salt and chili powder and eat it as a snack.



HARISSA PASTE: JEFF HARRIS/STUDIO D; JICAMA: ALAMY; CAULIFLOWER: GETTY IMAGES.

Q: What is harissa paste and where can I find it?
Julie Hoffeins, Dearborn, MI
A: Harissa is a spicy condiment that's common in North African cooking, specifically Tunisian, Moroccan and Algerian cuisines. It's a blend of red chiles and oil, usually with garlic and spices (caraway, coriander and/or cumin), and it's sold in tubes, cans and jars at specialty stores. You can mix harissa with olive oil and rub it on chicken before roasting, use it to spice up a meatloaf, or add it to softened butter like we did on page 79. Just be sure to taste your harissa first: Some brands are very hot!



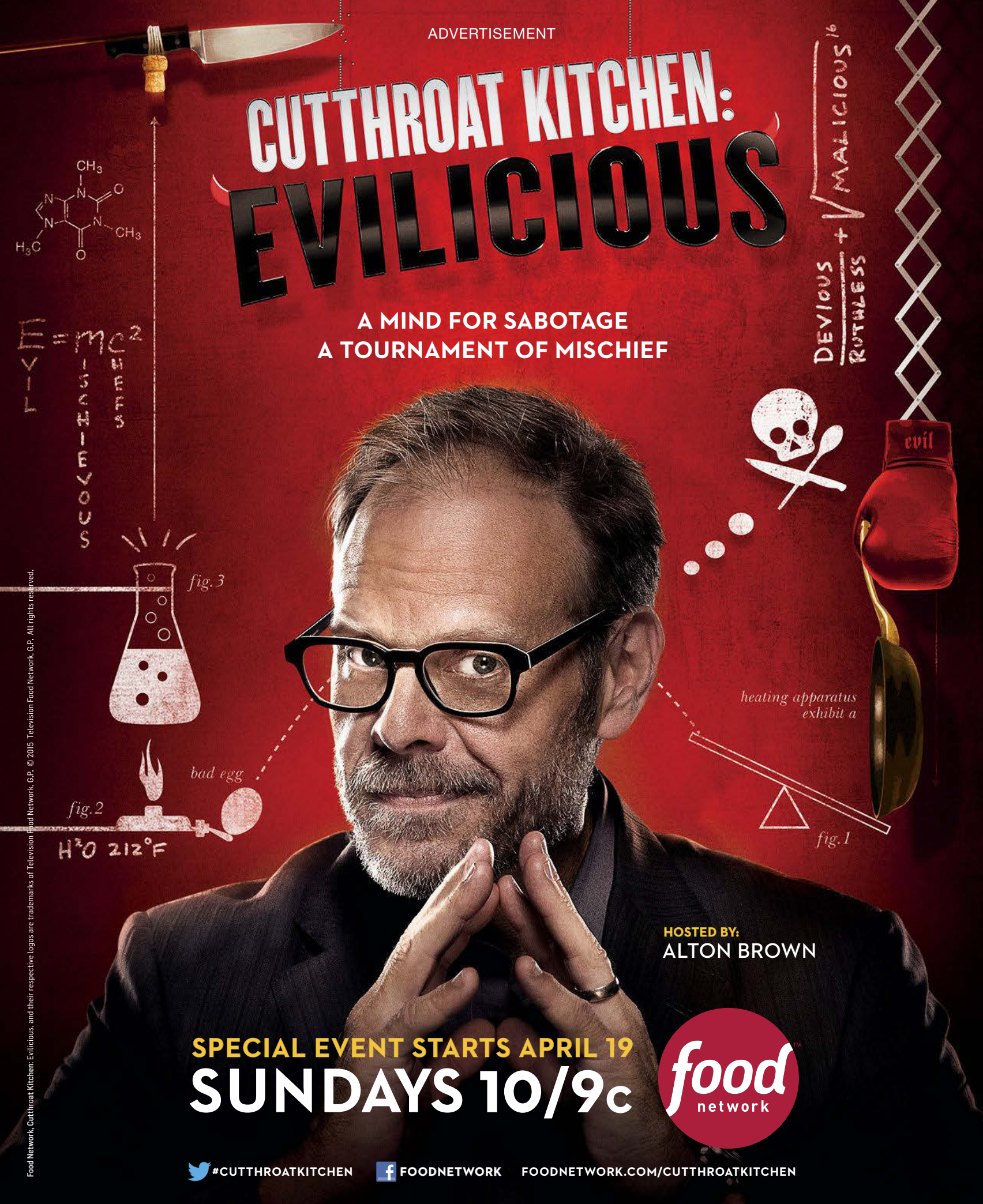
Q: I've heard that colorful foods contain the most nutrients, but what about pale foods like cauliflower and mushrooms?
Nancy Mazzola, Yakima, WA
A: The color of some fruit and vegetables comes from healthful phytochemicals: Beta-carotene makes carrots and sweet potatoes orange, and lycopene makes tomatoes red. But don't rule out pale veggies! Cauliflower, mushrooms, onions, turnips and potatoes all contain vitamin C, potassium, fiber and calcium, among other nutrients.

New!
Introducing blissful (beyond belief) truffle bars.




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Continued from page 21

The Mix of Mixers

Finding a mixer in your dream color isn't easy: KitchenAid makes 63 colors but sells them at many different places. Here's a complete list of color options; search online to find retailers for each.

- Gloss Cinnamon
- Bordeaux
- Grenadine
- Empire Red
- Candy Apple Red
- Watermelon
- Persimmon
- Tangerine
- Buttercup
- Majestic Yellow
- Yellow Pepper
- Pear
- Green Apple
- Canopy Green
- Bayleaf
- Pistachio
- Ice Blue
- Azure Blue
- Aqua Sky
- Crystal Blue
- Sea Glass
- Electric Blue
- Blueberry
- Cobalt Blue
- Blue Willow
- Cornflower Blue
- Lavender Cream
- Grape
- Plum Berry
- Boysenberry
- Raspberry Ice
- Cranberry
- Komen Pink
- Champagne Gold
- Satin Copper
- Antique Copper
- Copper Pearl
- Espresso
- Toffee
- Apple Cider
- Cocoa Silver
- Medallion Silver
- Sugar Pearl Silver
- Cafe Latte
- Almond Cream
- Frosted Pearl White
- White
- Chrome
- Brushed Nickel
- Contour Silver
- Silver
- Silver Metallic
- Nickel Pearl
- Metallic Chrome
- Black Storm
- Liquid Graphite
- Pearl Metallic
- Imperial Grey
- Slate
- Dark Pewter
- Licorice
- Imperial Black
- Onyx Black

New!

Behold (oh so) creamy iced coffee.





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Mocha Latte flavor shown.

Name This Dish!

Dream up a clever name for these crab fries and you could win big.

??????????????

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4 to 6



FOR THE DIPPING SAUCES

- ½ cup mayonnaise
- 2 teaspoons red curry paste
- Finely grated zest of 1 lime, plus the juice of 2 limes (about ¼ cup)
- 1 clove garlic, grated
- 1 tablespoon fish sauce
- 2 tablespoons sugar
- 2 teaspoons Sriracha (Asian chile sauce)
- 2 tablespoons finely chopped fresh cilantro
- Sweet chili sauce, for serving

FOR THE CRAB FRIES

- Vegetable oil, for frying
- 6 medium soft shell crabs, cleaned
- 1 cup cake flour (not self-rising)
- Kosher salt
- 1 cup cold seltzer
- 3 scallions, thinly sliced

1. Make the dipping sauces: Whisk the mayonnaise, curry paste, lime zest and 1 tablespoon of the lime juice in a small bowl until combined. Cover and refrigerate until ready to use. Combine the remaining lime juice with the garlic, fish sauce, sugar, Sriracha and 1 tablespoon cold water in a separate small bowl, stirring to dissolve the sugar. Stir in the cilantro, cover and refrigerate until ready to use.

2. Prepare the crab fries: Heat 2 inches of vegetable oil in a large pot or Dutch oven over medium heat until a deep-fry thermometer registers 360°. Set a wire rack on a baking sheet.

3. Meanwhile, cut the crabs into quarters with kitchen shears; transfer to a paper towel–lined plate. Whisk the cake flour with ½ teaspoon salt in a medium bowl; add the seltzer and scallions and whisk just enough to make a lumpy batter.

4. Working in batches, dip the crab pieces in the batter, then carefully add them to the hot oil and fry until golden and crisp, about 2 minutes. (Use a mesh screen if you have one; the crabs may splatter.) Remove the crab fries with a strainer or slotted spoon and transfer to the wire rack; season with salt. Let the oil return to 360° between batches. Serve the crab fries with the sweet chili sauce, curry mayonnaise and cilantro-lime sauce.

Recent Winner: POT O' COLD



Rick Burnham
Holliston, MA

— RUNNERS-UP —

After-Dinner Mint
Tara Fleck
Stamford, CT

Make It a Dublin
Mary Meadows
Streator, IL

Irish O'ffagato
Licia Naughton
Quincy, IL

How to enter:

1. Read the recipe and come up with a creative name for these crab fries.
2. Go to **foodnetwork.com/namethisdish** and enter your best name from April 14 to May 5, 2015. The winner will receive a $500 gift card to foodnetworkstore.com, and three runners-up will each receive a $50 gift card.

NO PURCHASE NECESSARY TO ENTER OR WIN. Name This Dish! contest is sponsored by Hearst Communications, Inc. Beginning April 14, 2015, at 12:01 a.m. ET through May 5, 2015, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/namethisdish on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and original recipe name based on this month's dish. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/namethisdish.

CRAB FRIES: RALPH SMITH; FOOD STYLING: BRETT KURZWEIL. ICE CREAM DESSERT: RALPH SMITH.

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